

Edgar

THE

BRITISH COLLEGE

OF

PHYSICAL EDUCATION.

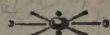
FOUNDED—1891.



INCORPORATED—1897.

HANDBOOK FOR 1911-12.

Officers and Governing Body	...	...	...	...	...	2
20th Annual Report of Governing Body	...	...	...	...	...	8
Balance Sheet	...	...	...	...	...	15
Subscriptions	...	...	...	...	...	16
Syllabus of Examination—School Teachers' Drill Certificate						22
„ „ Licentiateship	...	...	...	...	...	27
„ „ Membership	...	...	...	...	...	32
Library Catalogue	...	...	...	...	...	46



Price—ONE PENNY.

WELCOME
LIBRARY

General Collections

P

890



22503035774

COLLEGE OF
EDUCATION

THE

BRITISH COLLEGE

OF

PHYSICAL EDUCATION.

WELLSOME LIBRARY INSTITUTE

36850

6/2/11

FOUNDED—1891.



INCORPORATED—1897.

HANDBOOK FOR 1911-12.

Officers and Governing Body	...	...	...	...	...	...	...	...	2
20th Annual Report of Governing Body	...	...	...	...	...	...	...	...	8
Balance Sheet	...	...	...	...	...	...	...	...	15
Subscriptions	...	...	...	...	...	...	...	...	16
Syllabus of Examination—School Teachers' Drill Certificate									22
„ „ Licentiateship	...	...	...	...	...	...	...	...	27
„ „ Membership	...	...	...	...	...	...	...	...	32
Library Catalogue	...	...	...	...	...	...	...	...	46



Price—ONE PENNY.

OFFICERS FOR 1911-12.

President :

THE EARL OF LONSDALE.

Vice-Presidents :

His Grace the DUKE OF PORTLAND.
Field-Marshal the Rt. Hon. Viscount
WOLSELEY.

The Right Hon. LORD ALVERSTONE.

The Right Hon. LORD HARRIS.

The Right Hon. LORD CHARLES
BERESFORD.

The Right Hon. VISCOUNT HERBERT J.
GLADSTONE.

The Hon. W. F. D. SMITH, M.P.

Sir JAMES CRICHTON BROWNE, M.D.,
LL.D., F.R.S.

Colonel Sir HERBERT PERROTT, Bart.,
C.B.

Sir FREDERICK TREVES, Bart.,
G.C.V.O., C.B., LL.D.

Colonel Sir GEORGE MALCOLM FOX.

W. S. COLMAN, Esq., M.D.

WILLIAM EWART, Esq., M.D., F.R.C.P.

EDMUND OWEN, Esq., F.R.C.S.

A. T. SCHOFIELD, Esq., M.D.,
M.R.C.S.

Chairman of the Governing Body :

Sir HOMEWOOD CRAWFORD.

Vice-Chairmen :

R. J. COLLIE, Esq., M.D., C.M., J.P. H. P. POTTER, Esq., M.D., F.R.C.S.

GUY M. CAMPBELL, Esq., F.R.G.S.

Hon. Treasurer :

H. P. POTTER, Esq., M.D., F.R.C.S.

Hon. Registrar :

Miss M. M. SHARPE, L.R.C.P.

Hon. Librarian :

Miss KATHERINE E. WOODWARD.

Bankers :

MESSRS. COUTTS & Co., 440, Strand, W.C.

Hon. Solicitor :

JAMES H. DALLAS, Esq., 12, Old Jewry Chambers, E.C.

Hon. Secretary :

FRANK H. GELLING.

OFFICE :

5 & 7, JOHNSON STREET, NOTTING HILL GATE, LONDON, W.

BOARD OF EXAMINERS :

- H. P. POTTER, Esq., M.D., F.R.C.S., Kensington Infirmary, W.
 ROBERT J. COLLIE, Esq., M.D., C.M., J.P., 25, Porchester Terrace, W.
 A. T. SCHOFIELD, Esq., M.D., M.R.C.S., 19, Harley Street, W.
 L. FRASER NASH (Mrs.), L.R.C.P. and S.Ed., The Elms, Golder's Green Road, Hendon, N.W.
 GERTRUDE KEITH, L.R.C.P. and S.Ed., 137, Inverness Terrace, W.
 GUY M. CAMPBELL (*A Founder*), Royal Normal College, Upper Norwood, S.E.
 FREDERICK J. HARVEY (*A Founder*), "Trafoi," West Avenue, Exeter.
 KATHERINE E. WOODWARD, 5 and 7, Johnson Street, Notting Hill Gate, W.
 KIRSTINE ADOLPHSEN, Borough Polytechnic, S.E.
 BEATRICE E. BEAR, Queen Alexandra House Gymnasium, Kensington Gore, S.W.
 EVELYN M. A. BEAR, Queen Alexandra House Gymnasium, Kensington Gore, S.W.
 HELENA BOURNE, High School for Girls, Dover Street, Manchester.
 C. LONG WILSON, North Weald, Epping, Essex.
 K. PARRY-JONES (Mrs.), 13, Archibald Road, Tufnell Park.
 H. S. MATTHEWS (Mrs.), Organising Teacher of Physical Training, London County Council, 7, Drewstead Road, Streatham, S.W.
 HANNAH F. MORSE, Battersea Polytechnic Gymnasium.
 JESSIE TOLLEMACHE, 113, Mount Street, W.
 EDITH SPELMAN STANGER, Denmark Hill Gymnasium, S.E.
 NICO VOSBEIN, 2, Gondar Mansions, West Hampstead, N.W.
 FLORENCE WILSON, North Weald, Epping, Essex.
 NORA E. WHITE, 29, Stanley Gardens, Notting Hill Gate, W.
 H. GREGORIUS BROWN, F.R.H.S., 4, Blandford Gardens, Leeds.
 WILLIAM F. PEARCE, 51, Clancarty Road, Fulham, S.W.
 ALBERT FRANKEL, 9, Denver Road, Amhurst Park, N.
 WILLIAM MAJOR, The Marsh Gymnasium, Leigh, Lancs.
 SAMUEL STEPHENSON, The Harrison Gymnasium, Blackburn, Lancs.
 FRANK H. GELLING (*Hon. Secretary*).

GOVERNING BODY.

ASSOCIATES.

- The Earl Grey, 1, Connaught Place, W.
 J. G. Garson, Esq., M.D., Moorcote Sanatorium, Eversley, Winchfield.
 J. Harvie, Esq., 51, Orlando Road, Clapham, S.W.
 T. C. Horsfall, Esq., Swanscoe Park, Macclesfield.
 The Hon. and Rev. E. Lyttelton, M.A., Eton College, Windsor.
 Lord Llangattock, The Hendre, Newport, Mon.
 R. Letts, Esq., 8, Bartlett's Buildings, E.C.
 The Right Hon. Lord Peckover, Bank House, Wisbech.
 Agnes F. Saville (Mrs.), M.A., M.D., M.R.C.P., 66, Harley Street, W.
 The Right Hon. A. H. Smith-Barry, 20, Hill Street, W.
 W. Willett, Esq., 2, Sloane Gardens, S.W.
 S. G. Rawson, Esq., D.Sc., F.I.C., Battersea Polytechnic, S.W.

MEMBERS.

NOTE :—In the event of any person claiming Membership in the College whose name does not appear in the list of Examiners or among the following, inquiries should be made of the Hon. Secretary.

LONDON AND DISTRICT.

- Frederick Astor, 51, Ovington Street, Lennox Gardens, S.W.
 Edith M. Ashby, 44, Oakdale Road, Streatham, S.W.
 Marion N. Armfield, 26, Bishops Road, Paddington, W.
 Mabel J. D. Amos, 22, Cambridge Road, Bromley, Kent.
 Julia H. Andrew, 70, Broadfield Road, Catford, S.E.
 Phyllis A. Adams, Kirtlands, Western Road, Romford.
 Jessie Barnard, 36, Hamilton Road Highbury, N.
 Margaret E. C. Boden, 18, Cecil Mansions, Marius Road, Balham, S.W.
 William H. Bangert, 59, George Street, Portman Square, W.
 Harry J. Beadon, 3, Pamber Street, Notting Hill, W.
 Hilda Bryan, 50, Wandle Road, Upper Tooting, S.W.
 Mildred Bryan,
 Gertrude Blagg, 121, "Station Road" Church Road, Finchley, N.
 Eveline C. H. Barlow, 61, Parkhurst Road, Holloway, N.
 Mabel J. Brown, 30, Queen's Avenue, Woodford Green, Essex.
 Mary E. Bokenham, 10, Ellison Gardens, Ellison Road, Streatham, S.W.
 May T. Burrows, 50, Warwick Street, Belgrave Road, S.W.
 Winnifred F. W. Brown, 59, Wynnstay Gardens, Kensington, W.
 Ethel Boulter, 65, Church Hill, Walthamstow, N.E.
 Gertrude A. Bishop, 8, Woodland Gardens, Muswell Hill, N.
 Ruth E. Baker, Rosewyn, Cherry Gardens Avenue, Folkestone.
 Dorothy L. Boyes, 77, Cecile Park, Crouch End, N.
 Annie Campbell, 8, Hampstead Hill Mansions, Downshire Hill, N.W.
 Anna Coltman, 9, Atherston Terrace, South Kensington, S.W.
 Antonio M. Chiosso, 17, Powis Square, Bayswater, W.
 Gertrude F. Carter, 287, Lewisham High Road, S.E.
 Margaret C. Coggin, North View, Chadwick Road, Peckham, S.E.
 Jessie M. Couchman, 11, Havelock Road, East Croydon.
 Gwendolen K. Campbell, 47, Selborne Road, Southgate, N.
 Hilda Davies, 25, Beacon Hill, Holloway, N.
 Winifred G. Dinham, 89, Stapleton Hall Road, Stroud Green, N.
 Bessie M. Danels, 20, Westwell Road, Streatham, S.W.
 Hilda J. Davis, 21, Temple Road, South Croydon.
 Edith M. Capel Davies, 13, Campden Hill Mansions, Kensington, W.
 Margaret Ewart, 25, Dartmouth Park Hill, Kentish Town, N.W.
 Charlotte M. Edmondston, 15, Loraine Mansions, Holloway, N.
 Lydia Ebner, 18, Turney Road, West Dulwich, S.E.
 Emily F. Frewer, 5, Merton Road, South Hampstead, N.W.
 Mary T. Fryer, 101, Uxbridge Road, Ealing, W.
 Eleanor Franklin, 93, Lavenham Road, Southfields, Wandsworth, S.W.
 Hilda M. Fuller, West Heath, Ham Common, Richmond, Surrey.
 Mary F. M. Foote, 23, Longridge Road, Kensington, W.
 Madeline E. A. Foote,
 Dulcie E. Fenn, 90, Grosvenor Road, Westminster, S.W.
 Ethel L. Foster, "Dunleary," Cowslip Road, South Woodford.
 Arthur C. Gilbert, Brady Street Club, Durward Street, E.
 Margaret Gibberd, "Eastcourt," Hoppers Road, Winchmore Hill, N.
 Florence Grant, 13, Valette Buildings, Mare Street, Hackney, N.E.
 Edith E. Gemmell, 10, Hampton Road, Forest Gate, E.

Ella B. Harrowing, "Ellilda," Cambridge Park, Wanstead, N.E.
 Charlotte E. Heaney, 92, Calabria Road, Highbury, N.
 Madeline G. Herring, 84, Sandmere Road, Clapham, S.W.
 Ethel Herring, " " "
 Dorothy R. Hutchings, 44, Parklands Road, Streatham, S.W.
 George E. Hayward, 9, Wargrave Avenue, Stamford Hill, N.
 Phyllis C. Hunt (*nee* Lucas), 105, Oakley Street, Chelsea, S.W.
 Hilda C. Holyman, Glendower, Woodcote Road, Wallington, Surrey
 Mary E. E. Hughes, 26, Sunderland Terrace, Bayswater, W.
 Arthur L. Herbert, 101, Edith Grove, Chelsea, S.W.
 Florence V. Humby, 28, Muswell Rise, Muswell Hill, N.
 Gertrude M. Hawkings, 42, King's Hall Road, Beckenham, Kent.
 Gertrude M. Hannant, 9, Athenlay Road, Nunhead, S.E.
 Beatrice Higham, 169, Grove Lane, Camberwell, S.E.
 Olive E. M. Hackett, 47, Stanthorpe Road, Streatham, S.W.
 Marie Jones, 20, Cicada Road, Wandsworth, S.W.
 Annie L. B. Jenkins, 37a, Algiers Road, Lewisham, S.E.
 Irene Jermyn, 16, Cambridge Road, Wanstead, N.E.
 Ruth E. Jarvis, 153, Northumberland Park, Tottenham, N.
 Constance M. Jameson, 19, Shell Road, Lewisham, S.E.
 Jessie Justice, 23, Southey Road, South Tottenham, N.
 Muriel J. Kidner, 201, London Road, Croydon.
 Ellen M. Leane, 6, Abbeville Road, Clapham, S.W.
 C. Margaret Fetchford, 19, Ermine Road, Lewisham, S.E.
 Alice M. Lintott, Betchworth, The Chase, Coultston, Surrey.
 May W. Ling, "Alegria", Rowantree Road, Enfield, Middlesex,
 Nellie Laws, 40, Brayburne Avenue, Clapham, S.W.
 Lois C. Lambert, 4, Wildwood Terrace, Hampstead, N.W.
 Dorothy G. Le Blond, 83, Lichfield Grove, Church End, Finchley, N.
 William Macpherson, 30, Sloane Street, S.W.
 Grace MacDonald, 76, Harpenden Road, West Norwood, S.E.
 Charles G. Petersen Mauritz, 2, Emanuel Avenue, Acton, W.
 Olive H. Milman, 10, Old Court Mansions, Kensington, W.
 Daphne E. D. H. Milman
 Nellie E. Mylam, 220, High Road, Balham, S.W.
 Allen W. MacDonald, 1a, Ringmer Avenue, Fulham, S.W.
 Florence S. Mullerhausen, 25, Tylney Road, Forest Gate, E.
 Gladys M. Morfey, 81, Drakefield Road, Balham, S.W.
 Victoria E. Muir, 56, Kyverdale Road, Stamford Hill, N.
 Mary Jermente Mitchell, 10, Childebert Road, Balham, S.W.
 Sophie M. Nicholls, 6, Eldon Road, Hampstead, N.
 Olive M. Newmarch, 4, The Drive, Walthamstow, N.E.
 Nelly K. Noble, 3, Grove Mansions, The Grove, Shepherd's Bush, W.
 Fanny Oliver, 65, Upper Tollington Park, Finsbury Park, N.
 Blanche M. Ogilvie, 51, Acre Lane, Brixton, S.W.
 Eleanor C. Ogilvie " " "
 Maude M. Palmer, 13b, Dupree Road, Charlton, S.E.
 Constance Pinchin, 4, Gleneldon Road, Streatham, S.W.
 Laura E. Palmer, 170, Goswell Road, E.C.
 Dorothy A. K. Pulling, Salway College, Leytonstone, N.E.
 Agnes Robertson, 12, North Villas, Camden Square, N.W.
 Nellie Rought, 37, Streathbourne Road, Tooting Common, S.W.
 Alexandra M. Robertson, 9, Young Street, Kensington Square, W.
 Ethel M. Robertson, " " "
 Dorothy F. Richmond, 64, Cornwall Gardens, South Kensington, S.W.
 Ida A. Schafer, 8, Gloucester Crescent, Regent's Park, N.W.
 Winifred E. Sharp, Gartlet School for Girls, Watford

Emma C. Smith, 34, Marlborough Road, South Woodford.
 Constance D. Storer, 17, Gresley Road, Highgate, N.
 Elsie L. Storer, 17, Gresley Road, Highgate, N.
 Constance A. Smyth, 36, Goodmayes Avenue, Goodmayes, Ilford, Essex.
 Hazel R. Sneezum, The Trossachs, Burbage Road, Herne Hill, S.E.
 Ethne Skinner, 31, Primrose Mansions, Battersea Park, S.W.
 Evelyn M. Spicer, *nee* May, Porlock, Mornington Road, Chingford.
 Lilian A. Summerscales, 58, Sparsholt Road, Crouch Hill, N.
 Marguerite I. Summerscales,
 Winifred Stringer, Holmwood, St. John's Road, Sidcup.
 Gladys L. Stephens, 20, Church Crescent, Muswell Hill, N.
 Florence C. Sandell, 30, Princess Road, South Norwood, S.E.
 Charles F. Stiven, 38, Dunraven Road, Shepherd's Bush, W.
 Joan Tyson, 40, Boundaries Road, Balham, S.W.
 Florence R. Thomson, 3, Murray Avenue, Hounslow.
 Clementina M. Trench, 50, Marmora Road, East Dulwich, S.E.
 Ruby T. Taunton, 6, Woodland Road, Ilford.
 Elsie L. Taylor, 28, Desenfans Road, Dulwich, S.E.
 Mary G. Unwin,
 Gladys Varrall, 33, Brockley Road, S.E.
 Isabella A. Wordsworth, 47, Harrington Road, South Kensington, S.W.
 Helen Watts, 20, Cathcart Hill, Upper Holloway, N.
 Margaret E. M. Wilson, 94, Nightingale Lane, Balham, S.W.
 Mabel Willis "Boscombe," Catford Hill, S.E.
 Grace Woollacott, 8, Routh Road, Wandsworth, S.W.
 Mary E. Woodcock, "Craigfernie" Felbrigge Road, Goodmayes, Ilford.
 Florence E. Wood, St John's Rectory, Clerkenwell, E.C.
 May I. Wilson, 145, Stapleton Hall Road, Stroud Green, N.

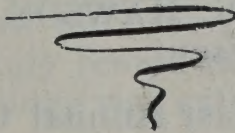
PROVINCIAL.

Sydney Mary Bushell, The Old Parsonage, Formby, Lancs.
 John Curley, Fern Cottage, Rock Road, Oundle, Northants.
 Annie M. Davies, 27, Church Road, Waterloo, near Liverpool.
 Ethel Davies, London Warehouse, Skewen, near Neath.
 Edward Foreman, 42, Stow Hill, Newport, Mon.
 Mabel L. Fry, 233, Carlton Terrace, Nab Wood, Shipley, Yorks.
 Gertrude F. Fryer, St. Michael's, Bognor.
 Ethel M. Green (*nee* Pennack) 28, Park Range, Victoria Park, Manchester.
 Adela E. Gauntlett, Collingbourne-Kingston, Marlborough, Wilts.
 Edward Holder, 387, Ecclesall Road, Sheffield.
 Clarice M. Holbrow, Redland Physical Training College, Lower Redland Road, Bristol.
 Henry H. Hiatt, 21, Bishop Road, Bishopston, Bristol.
 Leopold Lebligue, 6, Sandringham Terrace, Benton, near Newcastle-on-Tyne.
 Joseph Levesley, 7, Nevilledale Terrace, Durham.
 James V. Madgwick, 79, Knowsley Street, Bolton, Lancs.
 Henry T. Morgan, 28, Ash Road, Bishopston, Bristol.
 Jessie M. Macdonald, 262, Bath Street, Glasgow.
 Gwladys McCarthy-Jones, "Dolanog," York Road, Leamington Spa.
 Anna L. Merrylees, 8, Belgrave Terrace, Aberdeen.
 Elsie M. Marris, Kirmington House, Brocklesby, Lincs.
 Ethel M. Magnus, Municipal Secondary School, Bolton.
 Dilys Morgan, Sea View, Carnarvon.
 Fanny J. Phelps, Singleton Cottage, Cowley, Oxon.
 Winifred Penny, "Burden," Hibbert Road, Neath.
 Robert Robson, 31, Woodland Terrace, Darlington.
 May H. Royle, 171, Bedford Street South, Liverpool.

Samuel Stuart, 27, Granville Street, Glasgow.
 Edwin H. Starr, 19, Marmion Road, Hoylake.
 John G. Smith, Malakand, Walmesley Road, Broadstairs.
 Henry Summers, Hymer's College, Hull.
 Alexander Sharp, Keltie House, Downs Park, Herne Bay.
 Margaret Skelton, St. Helen's House, Norwich.
 William J. Shipp, Llenwill, Grant Road, Crowthorne, Berks.
 Doris L. Symes, The Manor House, Crediton, Devon.
 Edith E. Thomas, Cleeve, Compton Park Road, Plymouth.
 Eleanor Turner, Mountfield, Hadleigh Road, Leigh-on-Sea.
 William W. Wareing, 7, Myrtle Street, Liverpool.
 Mary O. Woodhouse, The Vicarage, Bucknell, Shropshire.
 Ada E. Wiggs, Wilton House School, Reading.
 Kate Whitelaw, Poplar Training School, Hutton, near Shenfield, Essex.
 James Woolfoot, Grand Rink, W. Fountainbridge, Lothian Road, Edinburgh.
 Pauline Wild, Hindley Green Hall, near Wigan.

COLONIAL, &c.

Helen M. Goosey, St. Cyprian's High School, Cape Town, South Africa.
 Margaret Z. Austin, 75, Seventh Avenue, Vancouver.
 Alice S. Arnett, 258A, Longmarket Street, Pietermaritzburg.
 Rose M. Cheswright, 147, Victoria Street, Toronto, Ontario, Canada.
 Margaret A. McKee, 2019, University Avenue, Des Moines, Iowa, U.S.A.
 Elizabeth B. Reed (Madam) Belgrano, Buenos Aires.
 Percy Rickard West, P.O. Box 293, Vancouver.



BRITISH COLLEGE OF PHYSICAL EDUCATION.

INCORPORATED 1897.

ANNUAL MEETING, 1911.

The Twentieth Annual Meeting of the Incorporated British College of Physical Education was held at the Battersea Polytechnic, London, S.W., on Saturday, 22nd July, 1911, at 3 p.m.

PRESENT.

A. FRANKEL, Esq. (in the Chair), Misses B. E. BEAR, O. H. MILMAN, M. BRYAN, H. BRYAN, H. F. MORSE, A. M. LINTOTT, E. HERRING, M. G. HERRING, M. E. M. WILSON, M. BOKENHAM, E. C. OGILVIE, D. E. FENN, C. LONG WILSON, F. WILSON, L. EBNER, J. TYSON, M. A. MCKEE, R. M. CHESWRIGHT, M. T. BURROWS, L. F. GALE, E. JENNINGS, A. E. GRIFFIN, E. M. MORRIS, Messrs. W. F. PEARCE, A. W. MACDONALD, H. J. BEADON, H. H. HIATT, J. CURLEY, the Hon. Librarian (Miss K. E. WOODWARD) and the Hon. Secretary (FRANK H. GELLING).

Letters were read from the Chairman (Sir HOMEWOOD CRAWFORD), the Vice-Chairmen (Dr. H. P. POTTER and GUY M. CAMPBELL, Esq.), and Dr. RAWSON, expressing their regret at being unable to be present.

The Minutes of the last Annual General Meeting having been read and confirmed, the Hon. Secretary submitted an audited Statement of Income and Expenditure for the year ending June 30th, 1911. This was approved and adopted.

The Report of the Governing Body for the same period was read and adopted.

The meeting having closed with a vote of thanks to the Chairman, an interesting and enjoyable social gathering was held on the lawn.

REPORT OF GOVERNING BODY FOR YEAR ENDING JUNE 30th, 1911.

The Governing Body have pleasure in recording further progress made by the College during the last twelve months, and its position at the end of the twentieth year of its existence is in many ways gratifying to them. Considering the opportunities offered, and other circumstances, the College has accomplished much in the direction of promoting the work of rational physical education, and the Governing Body believe that its influence has largely helped to bring about the better state of things now existing compared with matters as they were 20 years ago. During this period a great improvement has taken place and it is evident that a more intelligent interest is being manifested in the possibilities of true physical education. It appears to be realised that the subject must be entrusted to properly qualified teachers, but the nature of a proper qualification does not seem to be so clearly understood. In the opinion of the Governing Body, certificates of competency should be granted by a properly constituted Body only, to candidates who are successful in the examinations conducted by such a Body, and they strongly deprecate any arrangement under which certificates can be obtained without a public examination held by an institution entirely unconnected with the centre or institution at which candidates are trained. However, there can be no doubt that the certificates granted by the College are attracting a wide-spread attention judging by the many inquiries received from all parts of the country, and it is also evident from a proportion of such inquiries that the standpoint of the College in regard to Physical Education is not clearly understood. For this reason the Governing Body feel it desirable to state that the objects for which the College was established are as follows:—

- (1) To provide a high class instruction in the principles and practice of Physical Education and to evolve a National System of Physical Education for use in schools and colleges based on our knowledge of the structure and functions of the human body and the laws of health, and to thus enable persons of either sex to qualify as Instructors of Physical Education and Directors of Gymnasias.
- (2) To impart an elementary knowledge of the theory and practice of Physical Education to schoolmasters, schoolmistresses and others who wish to combine the physical with the mental training of children.
- (3) To hold examinations to grant certificates of competency for being instructors and keep a register of competent instructors, provided that every certificate of competency on the face of it shows that it is merely a certificate granted on an examination by the College and does not take effect under any statutory or public power and provided that except as aforesaid the College shall not grant or profess to grant diplomas.

- (4) To promote Physical Education generally in the true sense of the word.
- (5) For the above purposes, and if and so far as the same can lawfully be transferred to the College, to take over the assets and liabilities of the Unincorporated Association known as the "British College of Physical Education," established 1891, and, subject to the provisions of the 21st section of the Companies Act, 1862, to purchase, take on lease or otherwise acquire, and also to dispose of, any premises and other property of the College.
- (6) To do all such other lawful things as are incidental or conducive to the attainment of the above objects.
- (7) To protect the public from incompetent teachers, and to establish the position of fully-qualified instructors on a higher and firmer basis.

The Governing Body desire to state further that the College has no interest or concern whatever in the performance of gymnastic feats of a sensational kind, nor in the production of the mere strong man. Occasional displays by trained persons seem to be expected by the public at present, and must be provided for apparently, but it should be made perfectly clear that the production of displays of a more or less entertaining character is incidental, so to speak. Such things are only remotely connected with the real end and aim of physical education. With respect to the latter term the views of the Governing Body are of the broadest possible kind. They readily recognise the high educational value of the Swedish system of gymnastics, and they admit the usefulness of the more recreative German system just as freely. In conformity with these views they require that all persons who desire to become members of the College shall qualify themselves in both systems, and they are convinced that in this country such procedure is desirable and necessary.

During the year just closed, the Governing Body were invited to co-operate with certain persons representing another examining Body, several training institutions and old students' associations for the purpose of drawing up a uniform syllabus of examinations for teachers in Elementary Schools to be generally adopted by all concerned, in the hope of securing the official recognition of the Board of Education for all future certificates issued. A number of meetings of the various representatives were held, most of them being attended by the Hon. Secretary or other members of the College, and it was decided to form a new Body to be called the Joint Board of Gymnastic Teachers. The constitution and proposals of the latter were very carefully considered by the Governing Body, and while they were quite prepared to co-operate with Societies already established in the matter of unifying procedure, they were unable for several reasons to

agree with the other proposals of the representatives who were accordingly notified of the withdrawal of the College.

At the urgent request of a number of members, the Governing Body recently decided to inaugurate an Annual Competition in Musical Drill for the benefit of Working Girls' Evening Classes, and the first contest will be held some time before next Easter. Copies of the rules and all other information may be obtained from the Hon. Secretary.

Towards the end of June the College received a White Paper from the Board of Education on the subject of the Registration of Teachers, together with a communication from the Secretary of the Board announcing that the President had decided to proceed forthwith with the preparation of an Order in Council establishing a Teachers' Register mainly on the lines of the scheme agreed to at the Conference held at the Cloth Workers' Hall, November 19th, 1909. The matter of selecting a person to represent Physical Training on the Council is being dealt with by the Governing Body.

At the beginning of the year the College sustained a heavy loss by the death of Col. G. M. Onslow who, during the whole of its existence, had taken an active part in its work. His kindly and able guidance of affairs as Chairman of the Governing Body will be long remembered, and a large part of the success attained was due to his efforts. The Governing Body have great satisfaction in announcing that Sir Homewood Crawford has kindly accepted the vacant post.

In response to an application made by a number of Members and Licentiates last year, a special class for instruction in Swedish Educational Gymnastics was formed to enable them to qualify themselves in the subject. The class meets twice weekly at Johnson Street under the direction of Miss Kirstine Adolphsen, and the necessary apparatus has been installed by Messrs. Spencer, Heath and George, Ltd., of Goswell Road, E.C. The Course will conclude next Easter.

The library continues to be appreciated. During the year 169 books were borrowed, 48 additions were made and 43 volumes were withdrawn from circulation on account of condition or being out of date.

The Governing Body have to express their grateful thanks to Miss Katherine E. Woodward for the use of her premises for office purposes. They also desire to thank the Authorities of the Battersea and Borough Polytechnics and the Queen Alexandra House Gymnasium for permission granted by them to hold examinations at their institutions.

The details of the various examinations are as follows :—

MEMBERSHIP.

39 Students were examined and **19** were successful.

Nov. 26th, 1910.	Queen Alexandra House Gymnasium.	4	Students examined.
" " "	Battersea Polytechnic-	3	" "
Dec. 2nd, 1910.	" "	2	" "
March 3rd, 1911.	" "	6	" "
" 4th, "	" "	2	" "
" " "	Queen Alexandra House Gymnasium.	4	" "
" 10th, "	Battersea Polytechnic.	7	" "
June 10th, "	" "	3	" "
" 16th, "	" "	6	" "
" 30th, "	" "	2	" "

In addition to the above, **31** students were examined in Swedish Educational Gymnastics and **16** were successful. **11** Students were examined in Remedial Gymnastics and Massage, and **7** were successful.

LICENTIATESHIP.

42 Students were examined and **23** were successful.

Nov. 26th, 1910.	Battersea Polytechnic.	7	Students examined.
Dec. 2nd, "	" "	4	" "
Mar. 4th, 1911.	" & Q.A.H. Gym.	10	" "
June 10th, "	Battersea Polytechnic.	12	" "
" 30th, "	" "	9	" "

DRILL EXAMINATION.

391 Students were examined and **302** were successful.

July 5th, 1910. 25 women were examined. County High School, Ilford.
Instructor—Miss R. T. TAUNTON, M.B.C.P.E.

July 22nd, 1910. Ladies' College, Cheltenham. 15 women examined.
Instructor—Miss V. W. Allen.

July 25th, 1910. County High School, Leytonstone, N.E. 24 women examined.
Instructor—Miss K. ADOLPHSEN, M.B.C.P.E.

Nov. 26th, 1910. Battersea Polytechnic. 18 women and 1 man from various centres examined.

March 4th, 1911. Battersea. 6 women and 2 men from various centres examined.

March 25th, 1911. Water Lane School, Maryland Point, E. 72 women examined.

Instructor—Miss E. S. HOBSTON.

- April 1st, 1911. East London College, Mile End, E. 24 women examined.
Instructor—Miss K. ADOLPHSEN, M.B.C.P.E.
- April 8th, 1911. Water Lane School, Maryland Point, E. 35 men examined.
Instructor—Mr. A. WASEY.
- April 27th, 1911. Water Lane School, Maryland Point, E. 15 men examined.
Instructor—Mr. A. WASEY.
- April 29th, 1911. Special Instruction Centre, Southend. 23 men examined.
Instructor—Mr. A. V. YOUNG.
- May 6th, 1911. Mawney's Road School, Romford. 20 women examined.
Instructor—Miss P. A. ADAMS, M.B.C.P.E.
- May 13th, 1911. Marsh Gymnasium, Leigh, Lancs. 10 women and 3 men examined.
Instructor—Mr. W. MAJOR, M.B.C.P.E.
- May 20th, 1911. Technical School, Radcliffe, Lancs. 14 women examined.
Instructor—Miss M. COLLEY.
- June 10th, 1911. Battersea. 21 women from various centres examined.
- June 20th, 1911. Greenleaf Road School, Walthamstow, N.E. 34 women examined.
Instructor—Miss O. M. NEWMARCH, M.B.C.P.E.
- June 29th, 1911. Water Lane School, Maryland Point, E. 14 women and 15 men examined.
Instructors—Miss E. S. HOUSTEN and Mr. A. WASEY.



PREPARATION FOR EXAMINATIONS.

The following Members undertake the preparation of Students for all Examinations held by the College :—

Kirstine Adolphsen, 149, Holbein House, Sloane Square, S.W.

The Misses Bear, the Gymnasium, Queen Alexandra House, Kensington Gore, S.W.

Margaret E. M. Boden, 18, Cecil Mansions, Marius Road, Balham, S.W.

H. Gregorius Brown, F.R.H.S., 4, Blandford Gardens, Leeds.

Jessie M. Couchman, Addiscombe Hall Gymnasium, Havelock Road, Croydon.

E. M. Green (Mrs.), 28, Park Range, Victoria Park, Manchester.

Frederick J Harvey, "Traloi," West Avenue, Exeter.

Clarice M. Holbrow, Redland Physical Training College, Lower Redland Road, Bristol.

C. Long Wilson, North Weald, Epping.

Hannah F. Morse, Polytechnic Gymnasium, Battersea, S.W.

William Major, The Marsh Gymnasium, Leigh, Lancs.

Maude M. Palmer, 13b, Dupree Road, Charlton, S.E.

K. Parry-Jones (Mrs.), 13, Archibald Road, Tufnell Park, N.

Edith Spelman Stanger, Trevena, Sunray Avenue, Denmark Hill, S.E.

Samuel Stephenson, The Harrison Gymnasium, Blackburn, Lancs.

Jessie Tollemache, 113, Mount Street, W.

Katherine E. Woodward, 5 and 7, Johnson Street, Notting Hill Gate, W.

Henry H. Hiatt, 21, Bishop Road, Bishopston, Bristol.

The following Members prepare Students for the School Teachers' Drill Examination :—

C. Margaret Letchford, 19, Ermine Road, Lewisham, S.E.

Charlotte M. Edmondston, 15, Loraine Mansions, Holloway, N.

Margaret Gibberd, "Eastcourt," Hoppers Road, Winchmore Hill, N.

Olive M. Newmarch, 4, The Drive, Walthamstow, N.E.

John G. Smith, "Malakand," Walmesley Road, Broadstairs.

Ruby C. Taunton, 6, Woodlands Road, Ilford.

NOTE—Applications for Terms, &c., must be made to the above, not to the Hon. Secretary of the College.

RECEIPTS AND PAYMENTS ACCOUNT.

虞

For the twelve Months ending 30th June, 1911.

Dr.

[illegible]

H. Y. PERCY POTTER,
Hon. Treasurer.

AUDITORS' CERTIFICATE.

We have examined the above Account with the Books, Counterfoil Receipt Books, and Vouchers, and find the same to be in order and in accordance therewith. We have also verified the Cash at the Bankers.

GERARD VAN DE LINDE & SON, Auditors,
Chartered Accountants.
London, E.C.,

10th July, 1911.

SUBSCRIPTIONS AND DONATIONS.

MEMBERS.						Registration Fee.	Annual Sub.		
						£ s. d.	£	s.	d.
Adams, Miss P. A.	...	...	...	...	...	1 1 0	0	10	6
Adolphsen Miss, K.	...	...	...	...	...		0	10	6
Andrew, Miss J. H.	...	...	...	(1910-11)			1	1	0
Amos, Miss M. J. D.	...	...	...	...	...		0	10	6
Arnett, Miss A. S.	...	...	...	(1910-11)			1	1	0
Armfield, Miss M. N.	...	...	...	...	...		0	10	6
Astor, F.	...	...	...	(1911-12)			1	1	0
Ashby, Miss E. M.	...	...	...	(1910-11)			1	1	0
Austin, Miss M. Z.	...	...	...	...	...		0	10	6
Baker, Miss R. E.	...	...	...	...	...		0	10	6
Barlow, Miss E. C. H.	...	...	...	...	...		0	10	6
Barnard, Miss J.	...	...	...	...	...		0	10	6
Bangert, W. H.	...	...	...	...	...		0	10	6
Beadon, H. J.	...	...	...	...	...		0	10	6
Bear, Miss B. E.	...	...	...	...	...		0	10	6
Bear, Miss E. M. A.	...	...	...	...	...		0	10	6
Benson, Miss G.	...	...	...	...	...		0	10	6
Bishop, Miss G. A.	...	...	...	...	...		0	10	6
Blagg, Miss G.	...	...	...	(1911-12)			1	1	0
Boulter, Miss E.	...	...	...	...	...	1 1 0	0	10	6
Brown, Miss M. J.	...	...	...	...	...		0	10	6
Bryan, Miss H.	...	...	...	...	...		0	10	6
Bryan, Miss M.	...	...	...	...	...		0	10	6
Boden, Miss M. E. C.	...	...	...	...	...		0	10	6
Bokenham, Miss M. E.	...	...	...	...	...		0	10	6
Boyes, Miss D. L.	...	...	...	...	...	1 1 0	0	10	6
Burrows, Miss M. T.	...	...	...	...	...		0	10	6
Bourne, Miss H.	...	...	...	...	...		0	10	6
Brown, Miss W. F. W.	...	...	...	...	...		0	10	6
Brown, H. Gregorius	...	...	...	...	...		0	10	6
Bushell, Miss S. M.	...	...	...	...	...		0	10	6
Cheswright, Miss R. M.	...	...	...	(1910-11)		1 1 0	0	16	0
Campbell, Miss G. K.	...	...	...	...	...	1 1 0	0	10	6
Campbell, Miss A.	...	...	...	...	...		0	10	6
Campbell, Guy M.	...	...	...	...	...		0	10	6
Carter, Miss G. F.	...	...	...	...	...		0	10	6
Chiosso, A. M.	...	...	...	...	...		0	10	6
Coggin, Miss M. C.	...	...	...	...	...		0	10	6
Coltman, Miss A.	...	...	...	...	...		0	10	6
Couchman, Miss J. M.	...	...	...	...	...		0	10	6
Curley, J.	...	...	...	...	...		0	10	6
Davies, Miss A. M.	...	...	...	...	...		0	10	6
Davies, Miss E. M. C.	...	...	...	...	...	1 1 0	0	10	6
Davies, Miss H.	...	...	...	...	...		0	10	6
Davies, Miss E.	...	...	...	...	...	1 1 0	0	10	6
Davis, Miss H. J.	...	...	...	...	...		0	10	6
Dinham, Miss W. G.	...	...	...	...	...		0	10	6
Danels, Miss B. M.	...	...	...	...	...		0	10	6
Edmondston, Miss C. M.	...	...	...	...	...		0	10	6
Ebner, Miss L.	...	...	...	...	...		0	10	6
Ewart, Miss M.	...	...	...	...	...		0	10	6

Carried forward

7 7 0 29 13 6

							Registration Fee.			Annual Sub.		
							£	s.	d.	£	s.	d.
Brought forward							7	7	0	29	13	6
Fenn, Miss D. E.	...	...	...	...	...	...				0	10	6
Foote, Miss M. E. A.	...	...	...	...	...	...				0	10	6
Foote, Miss M. F. M.	...	...	...	...	...	...				0	10	6
Foreman, E.	...	...	...	...	...	...				0	10	6
Foster, Miss E. L.	...	...	...	...	...	...				0	10	6
Frankel, A.	...	...	...	...	...	...				0	10	6
Franklin, Miss E. ...	...	...	...	...	...	...				0	10	6
Frewer, Miss E. F.	...	...	...	...	...	...				0	10	6
Fry, Miss M. L.	...	...	...	...	...	...				0	10	6
Fryer, Miss M. T.	...	...	...	...	...	...				0	10	6
Fryer, Miss G. F.	...	...	...	...	...	...				0	10	6
Fuller, Miss H. M.	...	...	...	...	...	...				0	10	6
Gauntlett, Miss A. E.	...	...	...	...	...	...				0	10	6
Gelling, Frank H.	...	...	...	...	...	...				0	10	6
Goosey, Miss H. M.	...	...	...	...	...	...				0	10	6
Gibberd, Miss M.	...	...	...	...	...	...				0	10	6
Gemmell, Miss E. E.	...	...	...	...	...	...				0	10	6
Grant, Miss F.	...	...	...	...	...	...				0	10	6
Green, Mrs. E. M.	...	...	...	...	...	...				0	10	6
Gilbert, A. C.	...	...	...	...	...	...				0	10	6
Hackett, Miss O. E. M.	...	...	...	...	...	...				0	10	6
Hannant, Miss G. M.	...	...	...	...	...	...				0	10	6
Harrowing, Miss E. B.	...	...	...	...	...	...				0	10	6
Harvey, F. J.	...	...	...	...	...	...				0	10	6
Hawkins, Miss G. M.	...	...	...	...	...	...				0	10	6
Hayward, G. E.	...	...	...	...	...	...				0	10	6
Heaney, Miss C. E.	...	...	...	...	...	...				0	10	6
Herbert, A. L.	...	...	...	...	...	...				0	10	6
Herring, Miss E.	...	...	...	...	...	...				0	10	6
Herring, Miss M. G.	...	...	...	...	...	...				0	10	6
Hiatt, H. H.	...	...	...	...	...	...				0	10	6
Higham, Miss B.	...	...	...	...	...	...				0	10	6
Holbrow, Miss C. M.	...	...	...	...	...	...				0	10	6
Holder, E.	...	...	...	...	...	...				0	10	6
Holyman, Miss H. C.	...	...	...	...	...	...				0	10	6
Hughes, Miss M. E. E.	...	...	...	...	...	...				0	10	6
Humby, Miss F. V.	...	...	...	...	...	...				0	10	6
Hunt, Mrs. P. C.	...	...	...	...	...	...				0	10	6
Hutchings, Miss D. R.	...	...	...	...	...	...				0	10	6
James, Miss C. G.	...	...	...	...	...	...				0	10	6
Jameson, Miss C. M.	...	...	...	...	...	...				0	10	6
Jarvis, Miss R.	...	...	...	...	...	...				0	10	6
Jenkins, Mrs. A. L. B.	...	...	...	...	...	...				0	10	6
Jermyn, Miss I.	...	...	...	...	...	...				0	10	6
Jones, Miss M.	...	...	...	...	...	...				0	10	6
Justice, Miss J.	...	...	...	...	...	...				0	10	6
Kidner, Miss M. J.	...	...	...	...	...	...	1	1	0	0	10	6
Lambert, Miss L. C.	...	...	...	...	...	...				0	10	6
Levesley, J.	...	...	...	...	(1910-11)	...				1	1	0
Laws, Miss N.	...	...	...	...	...	...				0	10	6
Leane, Miss E. M.	...	...	...	...	...	...				0	10	6
Carried forward							8	8	0	56	19	6

						Registration Fee.			Annual Sub.		
						£	s.	d.	£	s.	d.
Brought forward						8	8	0	56	19	6
Le Blond, Miss D. G.	...	...	...	...	...	1	1	0	0	10	6
Lebligue, L. B.	...	...	...	...	...				0	10	6
Letchford, Miss C. M.	...	...	...	...	...				0	10	6
Lintott, Miss A. M.	...	...	...	...	...						
Ling, Miss M. W.	...	...	...	...	...				0	10	6
Long Wilson, Miss C.	...	...	...	...	...				0	10	6
Marris, Miss E. M.	...	...	...	...	...	1	1	0	0	10	6
Magnus, Miss E. M.	...	...	...	...	...	1	1	0	0	10	6
Madgwick, J. V.	...	...	...	...	...						
Matthews, Mrs H. S.	...	...	...	...	...				0	10	6
MacDonald, Miss J. M.	...	...	...	...	...				0	10	6
MacDonald, A. W.	...	...	...	...	...				0	10	6
MacDonald, Miss G.	...	...	...	...	...				0	10	6
Macpherson, W.	...	...	...	...	...				0	10	6
McKee, Miss M. A.	...	...	...	(1901-11)	...				1	1	0
McCarthy-Jones, Miss G.	...	...	...	...	...				0	10	6
Major, W.	...	...	...	...	...				0	10	6
Marten, Miss G. K.	...	...	...	...	...				0	10	6
Maurtitz, C. G. Petersen	...	...	...	...	...				0	10	6
Merrylees, Miss A. F.	...	...	...	...	...				0	10	6
Mitchell, Miss M. J.	...	...	...	...	...	1	1	0	0	10	6
Milman, Miss O. H.	...	...	...	...	...				0	10	6
Milman Miss D. E. D. H.	...	...	...	...	...				0	10	6
Morfe, Miss G. M.	...	...	...	(1901-11)	...	1	1	0	0	16	0
Morgan, H. T.	...	...	...	...	...				0	10	6
Morgan, Miss D.	...	...	...	...	...	1	1	0	0	10	6
Morse Miss H. F.	...	...	...	...	...				0	10	6
Mullerhausen, Miss F. S.	...	...	...	...	...				0	10	6
Muir, Miss V. E.	...	...	...	...	...				0	10	6
Mylam, Miss N. E.	...	...	...	...	...				0	10	6
Noble, Miss N. K.	...	...	...	...	...				0	10	6
Newmarch, Miss O. M.	...	...	...	...	...				0	10	6
Nicholls, Miss S.	...	...	...	...	...				0	10	6
Ogilvie, Miss E. C.	...	...	...	...	...				0	10	6
Ogilvie, Miss B. M.	...	...	...	...	...				0	10	6
Oliver, Miss F.	...	...	...	...	...				0	10	6
Palmer, Miss M. M.	...	...	...	...	...				0	10	6
Palmer, Miss L. E.	...	...	...	...	...				0	10	6
Parry-Jones, Mrs. K.	...	...	...	...	...				0	10	6
Pearce, W. F.	...	...	...	...	...				0	10	6
Penny, Miss W.	...	...	...	...	...				0	10	6
Phelps, Miss F. J.	...	...	...	...	...				0	10	6
Phillips, Miss A. A.	...	...	...	...	(1910)				0	10	6
Pinchin, Miss C.	...	...	...	...	...				0	10	6
Reed, Madame E. B.	...	...	...	...	...				0	10	6
Richmond, Miss D. F.	...	...	...	...	...				0	10	6
Robertson, Miss A.	...	...	...	...	...				0	10	6
Robertson, Miss A. M.	...	...	...	...	...				0	10	6
Robertson, Miss E. M.	...	...	...	...	...				0	10	6
Robson, R.	...	...	...	...	...						
Rought, Miss N.	...	...	...	...	...				0	10	6
Carried forward						14	14	0	82	19	6

						Registration Fee.				Annual Sub.			
						£	s.	d.	£	s.	d.		
Brought forward						14	14	0	82	19	6		
Royle, Miss M. H.	...	...	...	...	...				0	10	6		
Sandall, Miss F. C.	...	...	...	...	...				0	10	6		
Sharp, A.	...	...	...	...	...				0	10	6		
Spicer, Mrs. E. M.	...	...	...	...	...				0	10	6		
Sharp, Miss W. E.	...	...	...	...	...				0	10	6		
Shipp, W. J.	...	...	...	...	...				0	10	6		
Skelton, Miss M.	...	...	...	...	...				0	10	6		
Skinner, Miss E.	...	...	...	...	...	1	1	0	0	10	6		
Schafer, Miss I. A.	...	...	...	...	...				0	10	6		
Smith, J. G.	...	...	...	...	...				0	10	6		
Smith, Miss E. C.	...	...	...	...	...				0	10	6		
Smyth, Miss C. A.	...	...	...	...	...				0	10	6		
Sneezum Miss H. R.	...	...	...	...	...	1	1	0	0	10	6		
Stanger, Miss E. S.	...	...	...	...	...				0	10	6		
Starr, E. H.	...	...	...	...	...								
Stephens, Miss G. L.	...	...	...	...	...				0	10	6		
Stephenson, S.	...	...	...	...	...				0	10	6		
Stewart, S.	...	...	...	...	...				0	10	6		
Stiven, C. F.	...	...	...	...	...				0	10	6		
Storer, Miss C. D.	...	...	...	...	...				0	10	6		
Storer, Miss E. L.	...	...	...	...	...	1	1	0	0	10	6		
Strachan, Miss B....	...	...	...	...	(1910)				0	10	6		
Stringer, Miss W.	...	...	...	...	...				0	10	6		
Summerscales, Miss L. A.	...	...	...	...	...				0	10	6		
Summerscales, Miss M. I.	...	...	...	...	...				0	10	6		
Summers, H.	...	...	...	...	...				0	10	6		
Symes, Miss D. L.	...	...	...	...	...	1	1	0	0	10	6		
Taunton, Miss R. T.	...	...	...	...	...				0	10	6		
Taylor, Miss E. L.	...	...	...	...	...				0	10	6		
Tollemache, Miss J.	...	...	...	...	...				0	10	6		
Turner, Miss E.	...	...	...	...	...	1	1	0	0	10	6		
Thomas, Miss E. E.	...	...	...	...	(1910-11)	1	1	0	0	16	0		
Thomson, Miss F. R.	...	...	...	...	...				0	10	9		
Trench, Miss C. M.	...	...	...	...	...				0	10	6		
Tyson, Miss J.	...	...	...	...	...				0	10	6		
Unwin, Miss M. J.	...	...	...	...	...	1	1	0	0	10	6		
Varrall, Miss G.	...	...	...	...	...	1	1	0	0	10	6		
Vosbein, Miss N.	...	...	...	...	...				0	10	6		
Watts Miss H.	...	...	...	...	(1910-11)	1	1	0	0	16	0		
Wareing, W. W.	...	...	...	...	(1910)				0	10	6		
West, P. Rickard	...	...	...	...	(1910-11)				1	1	0		
White, Miss N. E.	...	...	...	...	...								
Whitelaw, Miss K.	...	...	...	...	...				0	10	6		
Wiggs, Miss A. E.	...	...	...	...	...				0	10	6		
Wild, Miss P.	...	...	...	...	...	1	1	0	0	10	6		
Wilson, Miss F.	...	...	...	...	...				0	10	6		
Wilson, Miss M. E. M	...	...	...	...	...				0	10	6		
Wilson, Miss M. I.	...	...	...	...	...				0	10	6		
Willis, Miss M.	...	...	...	...	...				0	10	6		
Woodward, Miss K. E.	...	...	...	...	...				0	10	6		
Wood, Miss F. E.	...	...	...	...	...				0	10	6		
Carried forward						25	4	0	109	15	6		

						Registration Fee.	Annual Sub.
						£ s. d.	£ s. d.
Brought forward						25 4 0	109 15 6
Woodhouse, Miss M	...	...	...	...	...		0 10 6
Woolfoot, J.	...	...	...	...	...		0 10 6
Wordsworth, Mrs. I. A.	...	...	...	...	...		0 10 6
Woollacot, Miss G.	...	...	...	...	...		0 10 6
Woodcock, Miss M. E.	...	...	...	...	...		0 10 6
Wolstencroft, Miss A.	...	...	...	...	...		0 10 6
Young, Miss S. J.	...	...	...	...	...		0 10 6
						25 4 0	113 9 0

LICENTIATES.

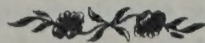
Adams, Miss P. A.	...	...	...	...	(1910)		0 5 0
Attwater, Miss W.	...	...	...	...	...	0 10 6	0 5 0
Alexander, Miss M.	...	...	...	...	...		0 5 0
Bentley, Miss C.	...	...	...	...	(1910)		0 5 0
Butler, Mrs. F. E.	...	...	...	...	(1910)		0 5 0
Bushell, Miss G. L.	...	...	...	...	...	0 10 6	0 5 0
Brown, Miss F. M. M.	...	...	...	...	...		0 5 0
Baker, Miss K. M.	...	...	...	...	...		0 5 0
Brown, Miss M. F. D.	...	...	...	...	...		0 5 0
Colson, Miss K.	...	...	...	...	(1910-11)	0 10 6	0 7 6
Coote, Miss B. A.	...	...	...	...	...	0 10 6	0 5 0
Davies, Miss E.	...	...	...	...	(1910)	0 10 6	0 2 6
Dettmer, Miss I. L.	...	...	...	...	...		0 5 0
Forster, Miss D.	...	...	...	...	...	0 10 6	0 5 0
FitzSimons, Miss M.	...	...	...	...	...	0 10 6	0 5 0
Foreman, J. W.	...	...	...	...	...		0 5 0
Goodden, Miss M. K.	...	...	...	...	(1910)		0 5 0
Gale, Miss L. F.	...	...	...	...	...	0 10 6	0 5 0
Garrett, Miss E. J.	...	...	...	...	...		0 5 0
Hampton, Miss F. Z.	...	...	...	...	...	0 10 6	0 2 6
Hemsted, Miss M. R.	...	...	...	...	...	0 10 6	0 5 0
Hart, Miss D.	...	...	...	...	...		0 5 0
Hilder, Miss H.	...	...	...	...	...		0 5 0
Jones, Miss T.	...	...	...	...	...	0 10 6	0 5 0
Jennings, Miss E. S.	...	...	...	...	...		0 5 0
Kerswell, Miss G. M.	...	...	...	...	...		0 5 0
Kirby, Miss M. E.	...	...	...	...	...	0 10 6	0 5 0
LeBlond, Miss D. G.	...	...	...	...	(1910-11)	0 10 6	0 7 6
Lowin, Miss E. J.	...	...	...	...	...		0 5 0
Leahy, Miss A. P.	...	...	...	...	...		0 5 0
Langley, Miss E. C.	...	...	...	...	...	0 10 6	0 5 0
Lamb, Miss E.	...	...	...	...	...	0 10 6	0 5 0
Moore, Miss G.	...	...	...	...	(1910)	0 10 6	0 2 6
Morgan, Miss L. D.	...	...	...	...	(1910-11)	0 10 6	0 7 6
McElligott, Miss K. N.	...	...	...	...	...	0 10 6	0 5 0
Mackey, A. D.	...	...	...	...	...		0 5 0
McEwen, Miss J. A.	...	...	...	...	...	0 10 6	0 5 0
Morr's, Miss E. M.	...	...	...	...	...		0 5 0
Marris, Miss N.	...	...	...	...	...		0 5 0
Mansell, Miss D.	...	...	...	...	...		0 5 0

Carried forward 9 19 6 10 0 0

						Registration Fee.			Annual Sub.		
						£	s.	d.	£	s.	d.
Brought forward						9	19	6	10	0	0
Moore, Miss E. B.	...	...	...	...	...	0	10	6	0	5	0
Marfleet, Miss V. M.	...	...	...	...	...				0	5	0
Ogden, Miss H.	...	...	...	...	...	0	10	6	0	5	0
Orme, Miss D. M.	...	...	...	...	...				0	5	0
Parsons, Miss N. M.	...	...	...	...	(1910-11)				0	10	0
Pountney, Miss D. W. E.	...	...	...	...	...	0	10	6	0	5	0
Scott, Miss R. M.	...	...	...	...	(1910)	0	10	6	0	2	6
Scott, Miss I. M.	...	...	...	...	...	0	10	6	0	5	0
Scott, Miss V. M.	...	...	...	...	...	0	10	6	0	5	0
Selfe, Miss V. A.	...	...	...	...	...	0	10	6	0	5	0
Stanger, Miss E. M.	...	...	...	...	...				0	5	0
Smails, G. O. H.	...	...	...	...	...				0	5	0
Sealy, Miss H. A.	...	...	...	...	...				0	5	0
Truscott, Miss D.	...	...	...	...	(1910)				0	5	0
Thomas, Miss A. L. (Mrs. Corder)	...	...	...	...	(1910)				0	5	0
Turner, Miss E.	...	...	...	...	...	0	10	6	0	5	0
Turner, Miss G. H.	...	...	...	...	...				0	5	0
Winchester, Miss H. G.	...	...	...	...	(1910)	0	10	6	0	2	6
Wallas, Miss G. B.	...	...	...	...	...	0	10	6	0	5	0
						15	4	6	14	15	0

ASSOCIATES' DONATIONS.

The Earl of Lonsdale	...	...	...	...	...	...	...	5	5	0
The Duke of Portland	...	...	...	...	...	...	...	5	5	0
Viscount Gladstone	...	...	...	...	...	...	...	1	1	0
Lord Peckover	...	...	...	...	...	...	...	1	0	0
Sir Homewood Crawford	...	...	...	...	...	...	...	1	1	0
Col. Sir G. M. Fox	...	...	...	...	...	...	...	1	1	0
The Hon. W. F. D. Smith, M.P.	...	...	...	...	...	...	...	1	0	0
R. Letts, Esq.	...	...	...	...	...	...	...	1	1	0
								16	14	0



SYLLABUS OF EXAMINATIONS.

DRILL CERTIFICATE

(For Teachers in Elementary Schools).

(Since the establishment of this examination in 1895, the College has dealt with about 8,000 candidates, and examinations have been conducted at the following centres:— Mile End, E., Forest Gate, E., Plaistow, E., Stratford, E., Exeter, Penge, S.E., Hastings, Montrose, Leyton, E., Warrington, Glasgow, Cheltenham, Farnham, Chelsea, S.W., Walthamstow, N.E., Woodford, Swindon, Spitalfields, E., Wimbledon, Chichester, Ilford, Old Trafford, Westminster, S.W., Battersea, S.W., Wolverhampton, Borough, S.E., Barry, Leigh (Lancs.) Wood Green, N., Croydon, Doncaster, Erith, S.E., Shrewsbury, Queen's Park, N.W., Horsham, Watford, Bournemouth, Harrow, Teddington, Southgate, N., Southhall, Maryland Point, E., Waterfoot, Ealing, W., Grays, Edmonton, Feltham, Acton, W., Finchley, N., Morpeth, Gosforth, Whitley Bay, Leytonstone, N.E., Heywood, Twickenham, Isleworth, Enfield, Wellingborough, Manchester, Bedford Park, W., Stroud Green, N., &c.)

Examinations are held in London three times annually, in February, June and November respectively, and application forms (which may be obtained from the Hon. Secretary), together with the fees, 5s. per candidate, must be received NOT LATER THAN the 1st FEBRUARY, 1st JUNE, or 1st NOVEMBER, as the case may be. The Governing Body are also prepared to consider applications for the holding of special additional examinations at other times and places, provided that not less than twenty candidates enter for the same, and subject to the conditions stated hereafter.

The examination is divided into a Theoretical Part and a Practical Part. Candidates who pass in one part only will be exempt from further examination in that part should they present themselves for re-examination at any subsequent date. The fee for such re-examination will, in all cases, be 3s. 6d. per candidate.

Candidates must be prepared to furnish satisfactory evidence of having received not less than forty hours' instruction in Practical work by a qualified teacher.

In the case of Special Examinations being held at a considerable distance from London, applicants must obtain the services of a responsible person who will superintend the proceedings in connection with the Theory Examination, and certify to the Governing Body as to the conduct of the same. The most convenient day for the Practical Part is Saturday, commencing, as a rule, at 2 p.m., but the College will endeavour to meet the requirements of those to whom such an arrangement would be unsuitable. With respect to the Theory Examination, it is not necessary that it should be held on the same day as the Practical, but the interval between the day selected for the Theory and that for the Practical must not exceed one month.

Examination fees are not returnable in any case.

N.B. In view of the increasing number of applications received during recent years for Special Examinations, it is necessary that all future applications must be received by the Hon. Secretary at least twenty-one days before the examination is required. Having regard to the fact that on several previous occasions more than one application has been received for the holding of a Special Examination on the same day, it is desirable that preliminary inquiries should be made at the earliest possible opportunity, stating the date on which the examination is required, the number (approximately) of men candidates and women candidates.

THEORETICAL EXAMINATION.

INTRODUCTORY.

The place of man in the animal kingdom.

The cell as unit of tissues and organs of the body.

Structure and function, work and rest. Division of labour.

The child a developing and immature human being. Factors (other than hereditary and antenatal conditions) influencing its development; environment; nutrition and training (particularly of brain and nervous system during plastic period of growth).

The common characteristics of children in health.

THE SKELETON AND MUSCULAR SYSTEM.

The skeleton and its development in the young. Joints. Locomotion.

Importance of attitudes and postures. Spinal curvature.

The muscular system and its relation to the nervous system.

*Physical exercises, dancing and games. Muscular fatigue.

*For the teaching of Physical Exercises the Board's official Syllabus should be followed.

THE DIGESTIVE SYSTEM.

The alimentary canal and the process of digestion, commencing in mouth.
Hygiene of mouth and teeth.

Amount and sorts of foods for children, uses and values.

The dangers to which people are exposed by taking too much or too little food, tainted food, alcohol, &c. †

Signs of malnutrition. Rickets.

THE RESPIRATORY AND CIRCULATORY SYSTEMS.

The purpose of the circulation of the blood. Blood, heart and blood vessels.
Anæmic children. The lymphatic system.

The lungs. Purpose and mechanism of respiration. Breathing exercises.

Obstructions to breathing (adenoids, &c.)

Advantages of an open-air life.

THE EXCRETORY SYSTEM.

Care of the body.

Importance of personal cleanliness, regular habits, nutrition, clothing.

Waste matter. Waste matter as result of work, undigested food.

Excretory organs and how they work; skin, kidneys, lungs, &c.

THE NERVOUS SYSTEM.

Brain, spinal chord, motor and sensory nerves.

Reflex action. Brain centres and nerve cells. The way the brain works
Co-ordination and association.

Requirements of a healthy nervous system (nourishment, regular habits, physical exercises, manual and intellectual work, periods of rest and change of occupation). Evil effects of malnutrition, overstrain, impure air, bad habits, alcohol. Mental dulness, feeble-mindedness, headaches, neuralgia; how to detect and deal with them in School.

Development of child's nervous system. Sensory receptivity, reflex movement, imitation, attention, self-control. Nourishment and education of nerve cells. Development of motor centres by muscular exercise.

Physical and mental fatigue.

SENSE ORGANS.

Relation of senses to nervous system.

Their training and development.

Sense of Sight.—Structure of the eye. Eye muscles; mechanism of accommodation. Eye strain, particularly in young children.

Defects of vision and common eye diseases such as a Teacher may notice.

Short and long sight, &c. Vision testing.

Effect on sight of bad light, long hours, small print, close work, &c., especially in childhood.

Hearing.—Structure of ear. Causes and signs of defective hearing. Tests.

How the Teacher can train the sense of hearing.

Speech.—The structure and use of vocal organs. How to deal with defective articulation and train the speaking voice in School. Speech defects.

Sense of Smell.

Sense of Touch.—Co-ordination, temperature, feeling, muscular sense,

† For instruction relating to alcohol the Board's Syllabus of *Lessons on Temperance* should be followed.

SANITATION OF THE SCHOOL.

Requirements of the healthy school:—

Suitability of site, soil, and construction (various types of school buildings),

Water Supply.—Collection, storage, and distribution. Various forms of pollution. Methods of prevention.

Sanitary conveniences (various types), drainage, refuse removal. Earth closets and their management.

Effects of sewer gas.

Ventilation—cubic capacity, amount of fresh air necessary. Impurities of atmosphere and their effects. Methods of ventilation.

Warming and lighting.

Equipment.—(Class rooms, desks, blackboards, cloakrooms, lavatories, &c.)

The Hygiene of Infant Departments.

Cleanliness.—Class-room as an object lesson in health.

Duties of individual in relation to health of community.

DISABILITIES AND DISEASES OF CHILDREN.

The relation of micro-organisms to disease. Conditions of their life. Relation of seed (bacteria) and soil (body tissues). Means of resistance. Chief characteristics of ailing children. Conditions disposing to disease.

Early signs and symptoms of ill health in children (nervous conditions, infectious diseases, parasites).

MEDICAL INSPECTION OF SCHOOLS, &c.

The objects and method of medical inspection of schools and school children,

Methods of detecting and dealing with physically and mentally defective children.

Direct and indirect means of cultivating good physical habits in school, and adapting education to the physical needs of the child. (Example and health of teacher, games, physical exercises, ventilation, cleanliness, absence of near-eye work.)

School closure and exclusion of children on medical ground, First aid in minor injuries and common ailments.

Disinfection.

Four questions in the above subjects will be given, three only of which must be answered.

THEORY OF PHYSICAL EXERCISES.

In this subject the lines laid down in the Board of Education Syllabus of Physical Exercises should be followed. The relation of Physical Training to Hygiene, and the practical application of theoretical principles to school life, should be dealt with in some detail. **Three questions will be given, two only of which must be answered.**

The time allowed for the Theory Examination is 2 hours.

PRACTICAL EXAMINATION.

Candidates will be required to instruct a class of children in Drill and Physical Exercises which should include all exercises, games, etc., set forth in the official Syllabus issued by the Board of Education, 1909. The examiners will select

the exercises or evolutions to be taught and the candidates will explain and illustrate the same. Each candidate will be dealt with by two examiners *separately*.

Candidates should distinctly understand that they are expected to *teach* the movements as it will not be regarded as sufficient in itself that their own personal performance may be good. Many failures in the past have been due to the fact that little or no attempt has been made in the direction of actual instruction, although it has been obvious that the candidates clearly understood and could themselves perform the exercises they were called upon to teach. But merely to describe a movement and issue a command for the same cannot be regarded as all that is necessary in the way of teaching. The execution of the movement by the children should be closely observed and any faults corrected.

Candidates are expected to know the title of exercises and the word of command as given in the text book. Accuracy in respect of words of command is highly necessary and it is a point to which the Board of Education attach importance. There can be no doubt that inaccurate and badly delivered commands must seriously affect the character of the instruction.

Candidates should face the children and use the right arm or leg when illustrating movements which they desire the children to perform with their left arms or legs, and vice versa.

Candidates must be prepared to explain the order and progression of exercises.

Marching exercises have been responsible in past examinations for many failures. In such exercises as "Turning about," "Changing step," &c., the weakness among the candidates has been especially noticeable. In movements of this character the necessity for the right word of command, delivered in the right way and at the right time, is of great importance.

LICENTIATESHIP

The examination for Licentiatehip is a preliminary one only, and the possession of the Certificate qualifies the holder to teach as an assistant to, or under the supervision of a fully qualified Instructor.

Examinations are held in London only, three times annually, in February, June and November respectively, and application forms (which may be obtained from the Hon. Secretary) must be received NOT LATER THAN THE 1st FEBRUARY, THE 1st JUNE OR THE 1st NOVEMBER, as the case may be. The fee, 10s. 6d. per candidate, must be forwarded with the application form. The exact dates, places, &c., of the examination will be furnished by the Hon. Secretary in due course, and the Governing Body will endeavour to deal with all candidates on the dates and at the places announced, but in the event of an unusually large number of entries being received it may be necessary to alter the published arrangements. All candidates affected by such alterations will be notified at the earliest opportunity, and entries are only accepted subject to the foregoing.

Entries will not be accepted from candidates under eighteen years of age, and no candidate who has passed the examination is eligible for election as a Licentiate of the College until he or she has obtained the following certificates, viz :—

PHYSIOLOGY. Stage 1. Board of Education, South Kensington.

HYGIENE, Stage 1. Board of Education, South Kensington.

FIRST AID. St. John Ambulance Association, or London County Council.

In order to become a Licentiate of the College, a candidate who has passed the examination and has obtained the above-mentioned certificates, is required to pay a registration fee of 10s. 6d. and an annual subscription of 5s. **Under the Articles of Association, all certificates issued to Licentiates remain the property of the College, and must be returned in every case where the holder, from any cause whatever, ceases to be a Licentiate.**

No certificate can be issued until the registration fee and first year's subscription are paid.

The examination is divided into Theory and Practice as hereafter set forth. Candidates who pass in Theory only or Practice only are exempt from further examination in the same should they present themselves for re-examination at any subsequent date. In respect of the Practical examination which is divided in (a) Teaching and (b) Personal Performance, candidates who pass in either (a) or (b) are exempt from further examination in the same. The fee for re-examination will, in all cases, be 10s. 6d. per student.

THEORETICAL EXAMINATION

Anatomy. A general knowledge of the human skeleton and of the chief muscles.

Text Book :—"Artistic Anatomy," by M. Duval. *Cassell & Co.* 3s, 6d.

Physical Education. Movement—Fatigue—Breathlessness—Repose—Games—Respiratory movements—Military Drill—Apparatus—Faulty positions and deformities arising therefrom—Effects of Exercise—Rules for giving instruction in Physical Exercises.

Text Book :—"Theory of Physical Education," by T. Chesterton. 1904. *Gale & Polden.* 3s.

Three questions will be given in Anatomy and three in Physical Education, and candidates are required to answer two only in each subject. Time allowed—two hours.

PRACTICAL EXAMINATION.

Candidates are required to give an elementary lesson to a class in some of the following exercises :—

MARCHING.

FREE EXERCISES.

DUMB-BELL EXERCISES.

BAR-BELL EXERCISES.

WAND EXERCISES.

They will also be required to teach, and to give a personal performance of some of the following exercises on the fixed apparatus, and will be asked to perform some voluntaries.

They must also give a personal performance of an elementary nature with Clubs, and of a moderately advanced nature in Free Exercises.

The following books are recommended to the notice of candidates for Licentiate ship.—

"Gymnastics," by F. Jenkins,

"Indian Clubs," by Corbett and Jenkin.

"The Vaulting Horse," by Guy M. Campbell.

"Code Book of Gymnastics," by L. Puritz.

MEN CANDIDATES.

PARALLEL BARS.

(One quick and one slow exercise required.)

QUICK EXERCISES.

1. a. From outside side stand with combined grasp, right hand reversed, front mount to straddle seat.
b. Swing to rear leaning rest.
c. Left circle of left leg (front to rear).
d. Left circle of right leg (rear to front).
e. Swing to double shoulder stand.
f. Left rear vault with $\frac{1}{2}$ right turn to ground.
2. a. From cross stand at end of Bars, right circle of left leg over left bar.
b. Forward pump and travel to straight arm rest.
c. Swing to right shoulder stand.
d. Roll forward to outside cross seat in front of right hand.
e. Bring hands forward.
f. Front vault over both bars to ground with $\frac{1}{4}$ left turn alighting with back to bars.

SLOW EXERCISES.

1. a. From upper arm hang in centre of bars slow back roll to shoulder stand.
b. Lower to $\frac{1}{2}$ lever.
c. $\frac{1}{2}$ Left turn, retaining $\frac{1}{2}$ lever.
d. Round back, lift to bent arm balance.
e. Wheel out left over left arm.
2. a. From cross stand at end of bars with right hand at end of bars, jump with $\frac{1}{2}$ left turn to cross rest.
b. Sink to bent arm rest.
c. Hop backward with bent arms to centre of bars.
d. Shears backward to straddle seat.
e. Lift to double shoulder stand.
f. Roll forward to straddle seat.
g. With intermediate swing, straddle off to ground.

HORIZONTAL BAR. (High).

(One quick and one slow exercise required.)

QUICK EXERCISES.

1. a. From side hang, underswing upstart.
b. Forward roll.
c. Throw out to rear.
d. At end of forward swing, make $\frac{1}{2}$ left turn.
e. Rise in right hock outside right hand.
f. Front vault right dismount, passing left leg over bar.
2. a. From side hang, swing, squat left leg under bar and rise to seat.
b. Mill circle backward.
c. Drop back squat left leg under bar.
d. Short upstart.
e. Clear short circle.
f. Under swing to ground.

SLOW EXERCISES.

1. a. From side hang, press to rest one hand leading.
 b. Slow roll forward to hang with legs in $\frac{1}{2}$ lever.
 c. Squat under bar to back leaning hang.
 d. Lower, passing through back lever to hang.
 e. Release right hand and make $\frac{1}{2}$ left turn.
 f. Drop to ground.
2. a. From side hang, raise legs to $\frac{1}{2}$ lever.
 b. Open and close legs.
 c. Squat under bar to back leaning hang.
 d. Circle forward to back rest.
 e. With $\frac{1}{4}$ right turn lower to bent arm rest on right arm, left hand on hip.
 f. Place left hand on bar with further right turn.
 g. Drop to ground.

BAR AT HEIGHT OF CHEST.

1. a. With combined grasp, right hand reversed short upstart.
 b. $\frac{1}{2}$ Right turn and circle backward in left hock, right leg being free of bar.
 c. Change grasp to ordinary grasp.
 d. Clear short circle.
 e. Underswing with $\frac{1}{2}$ right turn to ground.
2. a. With back to bar, hands in reverse grasp $\frac{1}{2}$ seat circle forward to back rest.
 b. Bent arm forward circle to back rest.
 c. $\frac{1}{2}$ Left turn to front rest.
 d. Short upstart.
 e. Clear short circle backward to ground retaining grasp of bar.

HORSE.

(One long, and one side horse exercise required)

SIDEWAYS

1. a. From rest, left feint.
 b. Left circle with right leg.
 c. $\frac{1}{2}$ Left circle of both legs.
 d. $\frac{1}{2}$ Left circle with left leg and $\frac{1}{4}$ left turn to riding seat in saddle facing neck.
 e. With left hand reverse grasp on neck pommel, right hand on neck, rear vault over neck to ground.
2. a. Thief jump to back rest.
 b. $\frac{1}{2}$ Left circle with both legs.
2. a. $\frac{1}{2}$ Left circle with right leg
 d. Front shears sideways left,
 e. $\frac{1}{2}$ Left circle with right leg to ground without replacing right hand.
 (Flank vault movement.)

LENGTHWAYS WITHOUT POMMELS.

1. a. With $\frac{1}{2}$ left turn, back straddle to riding seat.
 b. Left shears backward to riding seat on saddle.
 c. With hand on neck, come to front leaning rest.
 d. Squat forward to ground.
2. a. Rear vault mount to straddle seat in saddle.
 b. Squatting stand behind hands.
 c. Forward roll to ground.
3. Straddle over horse with hands on neck.

RINGS.

(Both exercises are required.)

1.
 - a. After obtaining swing, at back swing, $\frac{1}{2}$ turn over.
 - b. At front swing, throw to hang.
 - c. At back swing, pull up to bent arm rest.
 - d. At front swing, press to rest.
 - e. At back swing, drop back to $\frac{1}{2}$ turn over.
 - f. At front swing, shoot to ground.
2.
 - a. Pull and press to rest, both hands leading.
 - b. Lift to bent arm handstand with feet against ropes.
 - c. Sink to hang below rings with straight body, head downwards.
 - d. Lower through back lever to back hang.
 - e. Circle forward to $\frac{1}{2}$ lever.
 - f. Open and close legs and drop to ground.

LADDER.

(Both exercises are required.)

1.
 - a. In cross hang with hands on side, hop forward ten steps.
 - b. $\frac{1}{2}$ Left turn in two movements.
 - c. Pull to bent arm hang.
 - d. Hop backwards ten steps.
 - e. Drop to ground.
2. In cross hang on rungs, travel forward twenty steps, hand passing hand.

ROPE.

The same exercises as for Membership, but 5 feet less.

JUMPING.

The same exercises as for Membership, but 6 inches lower.

WOMEN CANDIDATES.

**HORSE.
PARALLEL BARS.
HORIZONTAL BAR.
RINGS.**

**HORIZONTAL LADDER.
RUNNING JUMP.
CLIMBING ROPE.**

The exercises for the above are the same as for the Membership (see pages 38 to 44 inclusive), *with the exception of those printed in italics.*

MEMBERSHIP.

Examinations are held in London only three times annually, in February, June and November respectively, and application forms (which may be had from the Hon. Secretary) must be received, together with the examination fees, NOT LATER THAN THE 1st FEBRUARY, 1st JUNE, or 1st NOVEMBER, as the case may be. The exact dates, places, &c., of the examinations will be furnished by the Hon. Secretary, in due course, and the Governing Body will endeavour to deal with all candidates on the dates and at the places announced, but in the event of an unusually large number of entries being received it may be necessary to alter the published arrangements. All candidates affected by such alterations will be notified at the earliest opportunity, and entries are only accepted subject to the foregoing.

Candidates for membership must qualify in the German and Swedish Syllabus.

Entries will not be accepted from candidates *unless they are already Licentiates of the College and are nineteen years of age*. Candidates who have passed the Membership Examination are not eligible for election as Members of the College until they have reached the age of 21, and have obtained the following certificates, viz :—

PHYSIOLOGY—Stage II. Board of Education, South Kensington.

HYGIENE—Stage II. Board of Education, South Kensington.

FIRST AID.—St. John Ambulance Association, or London County Council.

In order to become a Member of the College, a candidate who has passed the Examination and has obtained the above-mentioned certificates, is required to pay a registration fee of £1 1s. and an annual subscription of 10s. 6d. Under the Articles of Association all Certificates issued to Members remain the property of the College, and must be returned in every case where the holder, from any cause whatever, ceases to be a Member.

No certificate will be issued until the registration fee and first year's subscription are paid.

The examination is divided into Theory and Practice as hereafter set forth. The Practice Examination is divided into two parts, a Preliminary and Final Examination, one part consisting of Swedish Educational Gymnastics, and the other part German Gymnastics.

Candidates may enter for the Preliminary Part when they have attained the age of 19, and for the Final Part when they have attained the age of 20.

Candidates may take each part of the Practical Syllabus at different examinations, in which case they may select the system (Swedish or German) they will take first. Should they decide to take both parts at the same examination, the selection of the systems and the days, not necessarily successive, will be arranged by the Governing Body.

The fee for the Membership examination is £2 2s. 0d.

The fee for re-examination in either part of the Practice examination or any portion thereof is 10s. 6d., and for re-examination in the Theory examination or any portion thereof, 10s. 6d.

The Theory examination consists of 12 questions 4 in (a) Anatomy, 4 in (b) Physical Education and 4 (c) Theory of Swedish Educational Gymnastics. Candidates must answer three in (a) and 3 in (b) *or* (c) at one examination, and the remaining 3 at the next examination. One hour is allowed for the questions in Anatomy, and 1½ hours for the questions in Physical Education or Swedish Educational Gymnastics.

Candidates who are successful in portions of the Theory examination will be exempt from re-examination in such portions, and those who are successful in a portion of the Practical examination (*i.e.*, Teaching or Personal Performance) will be exempt from re-examination in such portion.

THEORETICAL EXAMINATION.

Anatomy. A good knowledge of the human skeleton — Joints — Ligaments—chief nerves—Names, origin, insertions and actions of different Muscles, and Groups of Muscles.

Reference Book—"Surgical and descriptive Anatomy" Henry Gray.

Physical Education. Movements—Games—Military Drill—Apparatus—Rules for giving Instruction in Physical Exercises —Heat—Local—Fatigue—Breathlessness—Overwork—Modification of the Organs and Functions by Work—

Physiological classification of Bodily Exercises—Violent Exercises—Exercises of Strength Speed and Endurance—Mechanism of Different Exercises—General and Local Effects of Exercises—Exercises which Develop the Chest—Exercises which produce deformity and those which do not Co-ordination in Exercise.

Text Books;—"Theory of Physical Education," by T. Chesterton. 1904. *Gale & Polden* 3s.

"Physiology of Bodily Exercises," by F. Legrange, M. D. The International Scientific Series. Vol. lxvii. *Kegan Paul, Trench Trubner & Co.* 5s.

Swedish Educational Gymnastics, Theory and Progression and rules for making tables.

Text Book—"The Special Kinesiology of Educational Gymnastics" by *Nils Posse*. Copies may be obtained from *A. F. Bird*, 22 Bedford Street, Strand, W. C. 12s. 6d.

~~~~~

## PRACTICAL EXAMINATION.

### (GERMAN SYLLABUS).

Candidates for Membership are required to give a lesson either elementary or advanced, of about twenty minutes' duration, in Marching and Order Movements and either Free Exercises, Exercises with Dumb-bells, Bar-bells, or Wands, as requested by the Examiners, and also in Clubs. For the purpose of the latter, they must be familiar with the terms and symbols employed in "Indian Clubs," by Cobbett and Jenkin, 1895.

They are also required to teach on any apparatus selected by the Examiners, either elementary or advanced work, some of which may be selected or arranged by themselves and some selected by the Examiners. In the latter case the work will be selected from the Syllabus.

They must also give a personal performance with any of the portable apparatus, clubs, wands, etc., and some of the following exercises or combination of the same, on the fixed apparatus. They will, in addition, be asked to perform voluntary exercises upon any apparatus chosen by the Examiners.

Text Books:—"Gymnastics," by A. F. Jenkin. *Bell and Sons.* 2s.

"Indian Clubs," by Cobbett and Jenkin. 1895. *Bell and Sons.* 1s.

"The Vaulting Horse," by Guy M. Campbell. *Gale and Polden.* 1s.

"Code Book of Gymnastics," by L. Puritz. *Kegan Paul, Trench, Trubner and Co.* 1s.

The above instructions apply to men and women candidates,



# MEN CANDIDATES.

## GERMAN SYLLABUS.

### PARALLEL BARS.

One quick and one slow exercise will be selected by the Examiners from the following:—

#### QUICK EXERCISES.

I. a. From cross stand at near end of bars jump to upper arm hang at centre of bars and immediately complete roll over backward to  $\frac{1}{2}$  turn over. (See Jenkin, Fig. 21.)

- b. Upstart to handstand.
- c. Front pump and  $\frac{1}{2}$  turn (l. or r.) to  $\frac{1}{2}$  turn over on upper arms.
- d. Back up.
- e. Forward or right circle of the left leg over left bar.
- f. Swing back.
- g. Double rear vault over left and right bars to ground.

From outside side stand.

- II. a. With left hand reversed, right hand ordinary grasp, front vault into rest.
- b. Swing legs forward and drop on to upper arms in  $\frac{1}{2}$  turn over.
- c. Upstart to rest.
- d.  $\frac{1}{2}$  Left circle left leg (*i.e.* from rear to front) over right bar
- e.  $\frac{1}{2}$  Left circle left leg (*i.e.* from front to rear) over left bar.
- f. Immediately drop back on to upper arms.
- g. Swing forward and complete roll over backward.
- h. On forward swing, uprise to outside cross seat in front of left hand.
- i. Flank vault over both bars to ground without use of left hand.

#### SLOW EXERCISES

From cross stand at end of bars.

- III. a. Straddle over left bar to half lever.
- b. Indicate front lever.
- c. Straddle seat in front of hands.
- d. Close legs sideways and press to handstand.
- e. Lower to shoulderstand right.
- f. Roll slowly forward to outside cross seat in front of right hand.
- g. Elbow lever right.
- h. Change to elbow lever left.
- i. Left to bent arm handstand.
- j. Wheel sideways out over right arm to ground.

From cross stand at end of bars.

- IV. a. Hang with legs in  $\frac{1}{2}$  lever.
- b. Pull and press to rest retaining  $\frac{1}{2}$  lever.
- c. Passing through front lever, lift to bent arm handstand.
- d. Lower to double shoulderstand and roll slowly forward to straddle seat.
- e. Bring hands forward and press to handstand.
- f. Return through front lever to  $\frac{1}{2}$  lever.
- g.  $\frac{1}{2}$  Turn right to back rest.
- h. Roll back over both bars to ground.

### HORIZONTAL BAR. (High).

One quick, one slow and one low bar exercise will be selected by the Examiners from the following:—

#### QUICK EXERCISES.

From side hang ordinary grasp.

- 1. a. Swing and back up to free rest.



- b. Clear circle backwards,
- c. Drop or short upstart.
- d. Forward roll.
- e. Half left circle right leg (*i.e.* under right hand).
- f. Mill circle backwards with straight legs.
- g. Drop back squatting right leg under bar to join left.
- h. Short upstart.
- i. Flank vault right to the ground.

From side hang ordinary grasp.

- 11. a. Slight swing and clear circle to hang.
- b. At end of forward swing make a  $\frac{1}{2}$  turn right (releasing and replacing left hand).
- c. Squat and rise in right hock to riding seat.
- d. Make a  $\frac{1}{2}$  turn right passing left leg over bar to front rest.
- e. Immediately throw legs forward and underswing back up.
- f. Clear circle to hang.
- g. Squat under bar.
- h.  $\frac{1}{2}$  Free seat circle forward and push off to ground.

#### SLOW EXERCISES.

From side hang ordinary grasp.

- III. a. Press, both hands leading to rest.
- b. Reverse grasp of right hand.
- c. Sink to hang with legs in  $\frac{1}{2}$  lever.
- d. Squat under bar and come to side lever on left arm.
- e. Press up to bent arm rest on right arm.
- f.  $\frac{1}{4}$  Turn left to back rest bringing left hand to reversed grasp.
- g. Sink forward to back lever.
- h. Squat forward to  $\frac{1}{2}$  lever.
- i.  $\frac{1}{2}$  Turn left releasing left hand, still retaining  $\frac{1}{2}$  lever.
- j. Drop to ground.

From side hang, right hand reversed, left hand ordinary grasp.

- IV. a. Circle over bar and with  $\frac{1}{2}$  turn right, come back to rest with both hands reverse grasp.
- b.  $1\frac{1}{2}$  Forward bent arm circles to back lever.
- c. Lower legs to hang.
- d. Release right hand and make complete turn of body to hang, ordinary grasp.
- e. Drop to ground.

From side stand.

#### LOW BAR.

- V. a. Underswing upstart.
- b.  $\frac{1}{2}$  Left circle both legs to back rest.
- c. Hollow back circle backward.
- d. Free seat circle backward.
- e. Drop back and squat forward under bar.
- f. Short upstart.
- g. Forward roll.
- h. Bent arm somersault to ground.

From side stand with right hand in reverse grasp.

- VI. a. Front vault to free rest on off side of bar.
- b. Throw body to rear and underswing.
- c. Squat under bar and  $\frac{1}{2}$  seat circle forward.
- d. Free seat circle to back rest.
- e. Half right circle both legs.
- f. Drop under bar and  $\frac{1}{2}$  straddle seat circle forward (hands between legs).
- g. Change hands to reverse grasp.
- h. Free seat circle forward and push off to ground.



**VAULTING HORSE.**

One side horse and two long horse exercises will be selected by the Examiners from the following :—

**SIDEWAYS.**

- I. a. With a run, right circle of right leg
  - b. Left double feint.
  - c. Left circle with left leg.
  - d. Right feint.
  - e. Right circle with both legs.
  - f.  $\frac{1}{2}$  Right circle with left leg.
  - g. Side shears right forward.
  - h. Side front shears left to riding seat on neck.
  - i. Place both hands on croup pommel and rear vault right over croup to ground.
- II. a. Left feint.
  - b.  $\frac{1}{2}$  Left circle left leg.
  - c. Side shears left backward.
  - d. Side shears right backward.
  - e.  $\frac{1}{2}$  Right circle right leg to back rest.
  - f.  $\frac{1}{2}$  Left circle right leg and right feint to balance rest astride right arm.
  - g.  $\frac{1}{2}$  Left circle left leg and immediately
  - h. Right rear vault over saddle to ground.

**LENGTHWAYS (with a run.)**

- III. Straddle vault, with hands touching neck.
- IV. Fencing vault with half inside turn.
- V. Squat vault hands on croup.

**RINGS.**

Both exercises will be required by the Examiners.

- I. With a swing after two runs.
  - a. At the end of back swing pull up to rest.
  - b. „ front „  $\frac{1}{2}$  roll forward to  $\frac{1}{2}$  turn over.
  - c. „ back „ dislocate to hang.
  - d. „ front „ rise to rest.
  - e. „ back „ sink to hang.
  - f. „ front „ pull up to bent arm hang and raise legs to  $\frac{1}{2}$  turn over.
  - g. „ back „ throw off to ground.

**II. SLOW.**

- a. Pull to rest both hands leading.
- b. Raise legs to  $\frac{1}{2}$  lever.
- c. Lift to bent arm handstand.
- d. Lower to front lever above rings.
- e. Circle backward to rest
- f. Circle backward to back lever below rings.
- g. Circle forward to bent arm hang.
- h. Straddle back to ground.

**ROPE.**

(Length, 20 ft.)

- a. Climbing hand over hand, feet gripping the rope.
- b. The same, hands moving simultaneously.
- c. Hand over hand, without using the feet, back hollowed, descending with legs in  $\frac{1}{2}$  lever position, rope between legs.

**JUMPING.**

(Running high jump from the floor. Height of rope, 3 ft. 6 ins.)

- a. Jump from each foot.



- b. The same with a  $\frac{1}{4}$  right and left turn.
- c. The same, with a  $\frac{1}{2}$  right and left turn.  
(Standing jump, with use of beating board. Height of rope, 3 ft.)
- d. Sideways from both feet, one leg after the other passing over the rope
- e. Forward with legs closed.  
(High wide jump. Height of rope, 3. ft. 6 ins.)
- f. With board 5ft. from the rope, making two strides (*i.e.* left, right, or right, left, alighting with both feet on board, and, without pause, leaping over the rope.
- g. With board removed to 8ft. and 10ft., long running jump.

Note.—All jumps must be made quite clear of the rope with closed legs during the jump (except in d.) and good position of the body, alighting on the mat in squatting position and rising to attention.

#### HORIZONTAL LADDER.

Any exercise in Puritz "Code Book," except page 240, "Various Exercises."

### SWEDISH SYLLABUS.

Candidates will be required to give a lesson either elementary or advanced as requested by the Examiners of at least 30 minutes duration and to demonstrate and explain any exercise in the text book.

---

## WOMEN CANDIDATES.

### GERMAN SYLLABUS. HORSE.

*All Exercises to be performed right and left as required.*

Cross seats to be done either with both legs straight or one bent. With grasp of pommels—From stand or with run.

- 1 Jump three times into rest, arms and legs straightened, back hollowed, head raised freely from shoulders and inclined a little backward.
  - a. raise right leg sideways.
  - b. raise left leg sideways.
- 2 Jump up  $\frac{1}{4}$  turn to cross-seat on one thigh on saddle, croup or neck.
- 3 The same  $\frac{1}{2}$  turn to side-seat.
- 4 Jump and kneel
 

|                                                                                                                          |   |                           |
|--------------------------------------------------------------------------------------------------------------------------|---|---------------------------|
| <ul style="list-style-type: none"> <li>a. on right knee,</li> <li>b. on left knee,</li> <li>c. on both knees,</li> </ul> | } | on saddle, croup or neck. |
|--------------------------------------------------------------------------------------------------------------------------|---|---------------------------|

In a. and b. the free leg is held extended, against side of horse.

- 5 Jump and squat on one or both feet on saddle, croup or neck.
- 6 Jump and kneel or squat on one foot, the free leg extended sideways upon the horse or held horizontally forward.
- 7 Raise right and left leg alternately backward, bending forward each time.
- 8 Kneel and spring to the ground.
- 9 Squat through arms with one leg to side-riding seat, or both legs to side-seat.
- 10 Squat through to the back rest.
- 11 Squatting-vaults over horse:
  - a. with forward extension of legs.
  - b. with straightening of body (*flying squat*).



- 12 Squatting-vault with momentary straddle and closing of legs before alighting ;
- 13 Squatting-vault with  $\frac{1}{4}$  or  $\frac{1}{2}$  turn before alighting.
- 14 Squat one leg over saddle, the other extended over neck, or croup (Wolf Vault).

With or without run.

- 15 *Squat backwards to side-seat on one thigh ;*
- 16 *The same, and squat backwards with one leg and forward with the other at the same time.*
- 17 *The same, with a  $\frac{1}{2}$  turn to side-seat on one thigh.*
- 18 *Squat backwards and stand on horse ;*
- 19 *The same to the front-rest.*
- 20 *Squatting-vault backwards also with  $\frac{1}{4}$  or  $\frac{1}{2}$  turn*

Mounts from standing position or rest, and dismounts.

- 21  $\frac{1}{2}$  left circle with right leg to side riding-seat or rest on saddle.
- 22 The same with  $\frac{1}{4}$  left turn to riding-seat.
- 23 The same with  $\frac{1}{2}$  left turn to side riding-seat.
- 24 Left circle of right leg with  $\frac{1}{2}$  left turn of body to side-seat on both thighs on near-side of horse.
- 25  $\frac{1}{2}$  Right Circle with right leg.
- 26 The same with  $\frac{1}{4}$  left turn to riding-seat or rest
- 27 The same with  $\frac{1}{2}$  left turn to side riding rest.
- 28 With or without run, right circle of left leg.
- 29  $\frac{1}{2}$  Left Circle with left leg, making at the same time  $\frac{1}{2}$  left turn to side riding-seat on croup (screw mount backward).
- 30 The same with  $\frac{3}{4}$  left turn to riding-seat.

From back-rest on near side of Horse,

- 31  $\frac{1}{2}$  Right Circle right leg to side riding-rest.
- 32 The same with  $\frac{1}{4}$  turn to riding-seat or rest.
- 33 The same with  $\frac{1}{2}$  turn to side riding-rest.
- 34  $\frac{1}{2}$  left circle of right leg with  $\frac{3}{4}$  left turn, to riding seat on croup.

From the side riding-rest, right leg forward.

- 35  $\frac{1}{2}$  Right circle right leg.
- 36  $\frac{1}{2}$  Left circle right leg.
- 37  $\frac{1}{2}$  Right circle left leg.

From the riding seat.

- 38  $\frac{1}{2}$  Left Circle right leg.
- 39  $\frac{1}{2}$  Right Circle right leg ; also dismount with  $\frac{1}{4}$  or  $\frac{1}{2}$  right turn.

Flank-vault exercises.

- 40 Jump up and swing both legs to the left side,
- 41 The same and place feet upon neck ;
- 42 Flank-swing to side leaning-rest on croup ;
- 43 Flank-swing to side seat on both thighs, also to back rest.
- 44 Flank-vault over horse ;

Front-vault exercises.

- 45 Jump up with  $\frac{1}{4}$  left turn to front-leaning-rest on horse ;
- 46 Front-vault-mount to riding seat on saddle ;
- 47 The same and swing the legs backward to front-leaning-rest.
- 48 The same and dismount with front vault swing.
- 49 Right-front-vault.



Rear-vault exercises (for terms see Jenkin's *Gymnastics*).

- 50 Jump up and swing right leg to the left, in front of left leg ;
- 51 Jump up and swing both legs to the left and as soon as they are as high as the horse, make  $\frac{1}{4}$  left turn in the swing and alight without turning back again ;
- 52 Rear-vault-mount to the riding-seat ;
- 53 Left rear-vault-swing to the cross-seat on left thigh on off side of horse.
- 54 Left rear-vault ;

#### Vaults with turns.

- 55 Right front-vault with  $\frac{1}{2}$  left turn ;
- 56 Left rear vault with  $\frac{1}{4}$  or  $\frac{1}{2}$  left turn ;
- 57 Feint of right leg with left front-vault mount to saddle.
- 58 Feint of right leg and rear-vault-mount to saddle.
- 59 Feint of right leg and left screw-mount to neck or croup.
- 60 Feint of right leg and flank-rear-front or squatting vault ;

### PARALLEL BARS.

- 1 From cross-stand at end of bars, jump up into rest.
- 2 Jump to rest and
  - a. turn the body,
  - b. raise knees,
  - c. raise legs forward alternately,
  - d. raise one leg forward and sideways over bar.
- 3 In rest, lift hand momentarily from bar ;
- 4 The same alternately right and left (beating time) ;
- 5 The same several times in succession with each hand ;
- 6 Travel forward or backward one hand at a time ;
- 7 Hop forward or backward.
- 8 From cross-stand and with forward swing of legs between bars, jump up to show cross-seat, riding-seat and side-seat, in front and behind hands.
- 9 From seat in front of right hand swing over to seat in front of left hand ; also with vault over both bars to ground ; with  $\frac{1}{4}$  or  $\frac{1}{2}$  turns.
- 10 From seat behind hand on one bar to seat behind hand on the other, also with vaults over both bars to ground.
- 11 From seat in front of right hand to seat behind right hand or reverse (half moon swing) ;
- 12 From seat in front of hand on one bar to seat behind hand on the other bar (snake swing) ;
- 13 Travel in outside-cross-seat (half moon and snake swings) :
- 14 Swing and straddle legs over bars at the end of front or back-swing or both.
- 15 Swing with body and limbs kept perfectly straight.
- 16 Swing and lift hands alternately ;
- 17 The same both hands together (hopping) ;
- 18 Swing and hop forward with each front-swing ;
- 19 The same backward with each back-swing ;
- 20 Swing and hop forward with each back-swing.
- 21 Swing and hop forward with each front and back swing.
- 22 Swing and hop forward with the front-swing and backward with the back-swing.

#### Swing in the rest and

- 23 Place one foot on each bar behind hands (front-leaning-rest).
- 24 The same with feet in front of hands (back-leaning-rest).
- 25 Raise one arm forward or sideways whilst in front-leaning-rest ;
- 26 The same with one leg ;
- 27 The same with one arm and one leg (left arm and right leg) ;

#### Swing in rest to squatting position at end of back-swing.

- 28 The right leg on right bar behind the right hand, free leg between the bars.



- 29 Swing up in squatting position with left leg on right bar ; the free leg outside the bar.
- 30 No. 29 with intermediate swing from one bar to the other ; *also to ground.*
- 31 Swing in forearm rest.
- 32 The same to a seat in front or behind hands, with straightening of arms immediately after completing the seat.
- 33 The same to front or back-leaning-rest, without straightening arms.
- 34 *The same with a swing, rising to straight arms,*
  - a. *At the end of the front-swing,*
  - b. *At the end of the back-swing.*

With swings, vaults from the middle of bars.

- 35 Right rear-vault ;
- 36 Right rear-vault with  $\frac{1}{4}$  left turn ;
- 37 Right rear-vault with  $\frac{1}{2}$  left turn ;
- 38 Right front-vault (behind hands) ;
- 39 Right front-vault with  $\frac{1}{2}$  left turn ;
- 40 Right front-vault with  $\frac{1}{4}$  right turn ;
- 41 Flank-vault in front of right hand.

Vaults at end of bars.

- 42 Jump up to riding-seat on right bar with swing of right leg outside of right bar ;
- 43 The same, swinging right leg from between bars ;
- 44 The same, swinging right leg outside and over the bar into the rest, also to ground ;
- 45 Circle of right leg over right bar from the inside to the outside into the rest, also to ground ;

Circles from middle of bars with a swing.

- 46 Circle forward of right leg (passing under right hand) ;
  - a. To riding-seat on right bar in front of right hand ;
  - b. To inside-cross-seat on right bar in front of right hand ;
  - c. To swing ;
  - d. To cross-seat in front of left hand ;
  - e. To standing position at left side of bars (rear-vault-swing) ;
- 47 Circle backward of right leg, passing under right hand ;
  - a. To riding seat on right bar behind right hand ;
  - b. The inside-cross-seat on right bar behind right hand ;
  - c. To swing ;
  - d. To standing position at left side of bars ;
- 48 Circle backward of left leg, passing under right hand ;
  - a. To riding-seat on right bar behind right hand ;
  - b. To inside-cross-seat on right bar behind right hand ;
  - c. To standing position on right side of bars ;
  - d. To swing ;

Exercises from side-stand between bars.

- 49 Jump to inside-side-rest on front bar ;
- 50 Jump up and push back to inside-side-seat on the back bar ;
- 51 Jump up to inside-side-rest,  $\frac{1}{2}$  right circle of right leg and  $\frac{1}{2}$  left circle of left leg to front-leaning-rest across both bars.
- 52 From front-leaning-rest across both bars, squat to stand between bars.

### HORIZONTAL BAR.

- 1 Jump to side-hang on bar with straight arms ;
- 2 The same to cross-hang ;
- 3 The same to side-hang, bending arms ;
- 4 The same to cross-hang, bending arms ;
- 5 Exercises Nos. 1 and 2 with turn of body in jumping on, or in alighting, also in both,



- 6 Jump up to side-hang, and
  - a. Raise one or both knees,
  - b. Raise knee or knees and then extend leg forward,
  - c. Raise legs forward alternately,
- 7 From side-hang in ordinary or reverse grasps pull up to bent-arm-hang.
- 8 *Successive rise and fall from straight arm to bent-arm-hang;*
- 9 Jump to side-hang, release grasp of one hand, with dropping sideways, grasp bar again and off;
- 10 Release grasp of right and left hand alternately;
- 11 Travel along bar in side-hang with ordinary, *reverse*, or combined grasp, one hand after the other
- 12 *The same both hands (hopping);*
- 13 Move hands from ordinary grasp to wide grasp alternately or simultaneously outwards;
- 14 Swing in side-hang, and release one or both hands momentarily at end of each back-swing;
- 15 Swing and travel sideways with right and left hand alternately
- 16 *Hop sideways with ordinary grasp in each back-swing, with reverse grasp in each front-swing, or combined grasp in each front and back-swing.*
- 17 *In cross-hang travel forward along bar;*

In side hang.
- 18 Make  $\frac{1}{2}$  left turn round either hand, ordinary grasp or reverse grasp with the other hand;
- 19 *In ordinary grasp travel along the bar making alternate left and right turns.*
- 20 *Swing and at end of each front-swing make  $\frac{1}{2}$  turn travelling along the bar.*
- 21 *Half-turn at end of back-swing in combined grasp, travelling along the bar.*
- 22 *Swing both feet up on to bar to cross-leaning hang on hands and feet, also with both feet and one hand, or with both hands and one foot and change from one position to another.*

### RINGS.

With rings stationary at height of head.

- 1 Hanging-stand backward with arms extended forward up;
- 2 Change of hanging-stand by leaning backward, forward or side-ways after going to the erect standing position each time;
- 3 Make complete circle with body, feet remaining fixed on the ground.

With rings high enough to require a jump.

- 4 *Rise from straight-arm to bent-arm hang;*
- 5 *In bent-arm hang, extend one arm sideways;*
- 6 *In bent-arm hang, release grasp of one ring, catch hold of the other and back again.*
- 7 In bent-arm hang, swing legs and alight from forward swing.

In straight-arm hang—

- 8 Raise one or both knees;
- 9 Raise one or both heels;
- 10 Raise one or both legs;
- 11 Swing legs in a circle to the right.
- 12 Swing both legs forward and backward (rings remain stationary).
- 13 8, 9 and 12 in bent-arm-hang.

Exercise with a swing.

- 14 Swing, dropping off at end of back and also of front swing;
- 15 *The same with  $\frac{1}{4}$  turns.*
- 16 Swing, pushing off with both feet together.
- 17 Swing with straddle of legs at end of front-swing.
- 18 The same at end of back-swing;



- 19 The same at end of front-and-back-swing
- 20 Swing sideways ;
- 21 *Swing and pull up to bent-arm-hang at end of back-swing.*
- 22 *The same, pulling up at end of front-swing.*
- 23 *Continued swing with bent arms.*
- 24 Swing with  $\frac{1}{2}$  right or left turn at end of front-swing ;
- 25 The same at end of back-swing ;
- 26 Continued swing with half right and left turns at end of front and back-swing.
- 27 *Continued swing with  $\frac{3}{4}$  and whole turns at end of front and back swing.*

### HORIZONTAL LADDER.

- 1 Jump up to ladder showing different grasps and hangs, also change from one to another.
- 2 *Exercise No 1 in bent-arm hang (no change of grasp) ;*  
Outside side-hang on one side with straight arms and with ordinary, reverse, or combined grasp.
- 3 Travel sideways one hand after the other ;
- 4 *The same, each hand in its turn travelling several times consecutively until the hands are wide apart.*
- 5 *Travel sideways, swinging one leg sideways or forward, or raising one knee or heel at each step.*
- 6 Travel sideways, both hands at a time (hopping) in ordinary grasp
- 7 Swing forward and backward, or sideways ;
- 8 Swing sideways and travel sideways ;
- 9 *Swing sideways and hop sideways, in ordinary grasp ;*  
*Inside side-hang on one side with straight arms and with ordinary, reverse, or combined grasp.*
- 10 *Travel sideways passing one or two rundles.*  
Side-hang on rundles with straight arms and with ordinary, reverse or combined grasp.
- 11 Travel sideways, passing one or two rundles ;
- 12 The same as No. 11 with a swing.  
Outside or inside side-hang with one hand on side and the other on rundle, in ordinary grasp, arms straight.
- 13 Travel sideways ;
- 14 Travel sideways whilst swinging--sideways.  
Cross-hang with straight arms, grasping sides either from inside or outside.
- 15 Travel forward or backward ;
- 16 Hop forward or backward with outside grasp.
- 17 Travel forward or backward with leg movements.  
In cross-hang, hands outside.
- 18 Swing forward and backward and jump off at end of back-swing.
- 19 *Swing and hop forward with each front-swing.*
- 20 *Swing and hop backward with each back-swing.*
- 21 Swing sideways and travel forward or backward.  
Cross-hang with straight arms and ordinary grasp on rundles.
- 22 *Travel forward or backward one rundle to the next one.*
- 23 *Exercise No. 22 with a swing.*
- 24 *Side-hang on rundles in reverse grasp, travel with swing, making  $\frac{1}{2}$  turns, hand passing several rundles.*

### RUNNING JUMP.

From the floor 3-ft in good style.

*From the floor over a lath 3-ft. 4-in. high in good style.*



**CLIMBING ROPE.**

Right or left hand leading, using the feet, a minimum distance of 15ft.

*Hand over hand, using the feet, a minimum of 20ft. (Position of feet optional.)*

*WOMEN Candidates for LICENTIATESHIP will not be called upon to perform any of the exercises printed in italics.*

**SWEDISH SYLLABUS.**

Candidates will be required to give a lesson, either elementary or advanced, as requested by the Examiners, of at least 30 minutes duration.

**Arch Flexions.**

- 1  $\frac{1}{2}$  str. gr. arch flex.
- 2 Str. stride st. T. backw. flex. over bar.
- 3 Str. arch support st. 2 A ext.
- 4 Gr. arch st. hand movem. downw.
- 5 Gr. arch toe st. leg elev. forward.
- 6 Stride fall hang to gr. arch stride st. pos.

**Heave Movements.**

- 1 Over gr. hang pos.
- 2 Under gr. hang pos.
- 3 Over gr. hang travelling.
- 4 Under gr. hang travelling.
- 5 Over gr. hang oscillatory travelling.
- 6 Rotary travelling.
- 7 Over gr. hang trav. on rib-stool.
- 8 2 cr. str. hang 2 kn. ext. forw.
- 9 Climbing the vertical rope using hands and feet.
- 10 Trav. from rope to rope.
- 11 2 gr. hang 2 L. swing over bar.
- 12 Zigzag vertical serpentine
- 13 Spiral serpentine through vertical ladder.

**Balance Movements**

- 1 Str. horizontal  $\frac{1}{2}$  st. pos.
- 2 Balance walk on bar, flat side up.
- 3 " " " with knee flex. upward.
- 4 " " " with knee flex. and ext. forw. and backw.
- 5 Cr. b.  $\frac{1}{2}$  st. pos.
- 6 Reach cr. b.  $\frac{1}{2}$  st. kn. flex. to courtesy st. only.
- 7 Hor.  $\frac{1}{2}$  st. pos.
- 8 Crty. sitt. pos.

**Shoulder Blade Movements.**

- 1 Wg. forw. ly. pos.
- 2 Wg. forw. ly. T. flex backwards.
- 3 Yd. c. " "
- 4  $\frac{1}{2}$  str. wg. forw. " "
- 5 Rest " "
- 6 Str. forw " "
- 7 Foot gr. fall out pos. "
- 8 Str. fall out c. backwards 2A. ext with change of feet backwards.
- 9 Foot gr. fall out kn. flex.
- 10 Str. foot gr. fall out T. forw. flex.



**Abdominal Movements.**

- 1 Str. gr. st. kn. forw. flex. and ext.
- 2 Str. gr. ly. 2L. elev.
- 3 Wg. foot gr. sitt. T. backw. flex.
- 4 Bend. " "
- 5 Yd. c. " "
- 6  $\frac{1}{2}$  str. wg. " "
- 7 Rest. " "
- 8 Str. " "
- 9 Foot gr.  $\frac{1}{2}$  st. T. backw. flex.
- 10 Bend. " "
- 11 Yd. c. " "
- 12  $\frac{1}{2}$  str. wg. " "
- 13 Rest foot gr.  $\frac{1}{2}$  st. T. backw. flex.
- 14 Str. " "
- 15 Horizontal stoop fall pos.
- 16 Inclined stoop fall pos.
- 17 Fall hang pos.
- 18 Bend fall hang pos.
- 19 Fall hang and bend fall hang leg elev.

**Lateral Trunk Movements.**

- 1 Wg. stride sitt. T. rot.
- 2 Rest. " "
- 3  $\frac{1}{2}$  str. wg. " "
- 4 Str. " "
- 5 Combined movements of rotation and side flex. in same pos.
- 6  $\frac{1}{2}$  str. wg. side sup. wlk. b. st. side flex.
- 7 Yd. c. " " "
- 8 Rest. " " "
- 9 Str. " " "
- 10 Same T. side flex. in same arm pos. but in st. side sup. without or with L. elev.
- 11 Wg. foot side gr. st. sidew. flex.
- 12  $\frac{1}{2}$  str. wg. foot side gr. st. sidew. flex.
- 13 Rest foot side gr. st. sidew. flex.
- 14 Str. foot side gr. st. sidew. flex.
- 15 Str. side gr st. L. elev.
- 16 Introduction to wheeling.

**Jumping and Vaulting.**

Running high jump 3 ft. 4 ins. with good landing.

- 1 Inside pommel vault.
- 2 Stand in saddle, Jump off hands over head.
- 3 Side vault, face forward.
- 4 Back vault over bar.
- 5 Back vault with  $\frac{1}{2}$  start to face landing.
- 6 Vaulting through double bar—face down.
- 7 Vaulting with rope.

**Respiratory Movements.**

- 1 St. 2A. elev. sidew. with 2kn. flex.
- 2 " " " "  $\frac{1}{2}$  step forward.
- 3 Fall out a. 2 A. elev. sidew. and upward.
- 4 Yd. d. st 2 A. elev.
- 5 " " " " with 2 kn. flex.
- 6 Yd. c. st. 2 A. circumduction.



# LIBRARY CATALOGUE.

Applications for Books should be addressed to Miss Katherine E. Woodward, Hon. Librarian.

## RULES.

1.—Members, Licentiates and Associates whose subscriptions for the current year have been paid, are entitled to borrow two books at a time for a period of 14 days, day of issue and return included. Any book may be renewed for a further period of 14 days, provided it has not been applied for by another reader.

2.—Books may be obtained at the monthly meetings, or on written application to the Hon. Librarian. Return Postage must be paid by the borrower.

3.—Borrowers will be held responsible for damage to, or loss of, books while in their possession, or during transit to or from the Library.

4.—When paying their subscriptions members will receive a Library Ticket which must be forwarded with every application for books.

- 1 *Accident, First Aid in.* R. J. COLLIE, M.D. 1907
- 2 *Anatomy, Descriptive and Surgical.* HENRY GRAY, M.D. 1872
- 3     "     *Artistic.* M. DUVAL. 1903
- 4 & 4 a     "     *Surface* (for student of Phy. training.) T. C. BRIDGE, M.D. 1902. (2 small paper parts)
- 7 *Athletics.* H. H. GRIFFIN. 1891
- 8 *Athletic Primer.* J. E. SULLIVAN. 1902
- \* 9 *Athletic Training for Boys.* G. W. ORTON. 1905
- 10 *Athletic College.* M. C. MURPHY. 1906
- 11 & 11a *Balance Exercises.* Hand book of rhythmical. E. PERRIN and M. STARKS. 1906. (2 copies)
- 12 *Baseball.* N. CRANE. 1891
- 13 *Baseball, Guide to* (official). H. CHADWICK. 1906
- 14 *Basket-ball, How to Play.* G. T. HEPBRON. 1904
- 15 *Basket-ball Guide, Women's Official.* S. BERENSOR. 1906
- 16 *Beauty of Figure.* D. PRIMROSE. 1905
- 17 *Boxing* R. G. A. WINN. 1891
- 18 *Calisthenics, Boxing and Wrestling.* CAPT. CRAWLEY. 1880
- 19 *Calisthenics, and Dumb-bell Exercises, Graded.* A. B. WEGNER. 1904
- 20 *Camping Out.* A. A. MACDONELL. 1892
- 21 *Care of the Body.* E. B. WARMAN. 1902
- 23 *Cricket.* HON. and REV. E. LYTTTELTON. 1890
- 24 *Cricket. How to Play.* K. RANJITSINHJI. 1906
- 25 *Culture, Ideals of.* E. A. SONNENSCHEN, M.A. 1891
- 26 *Culture, Self.* J. S. BLACKIE. 1874



- 27 *Cycling.* H. H. GRIFFIN. 1890
- 28 *Dancing.* L. GROVE, F.R.G.S. 1895
- 29 *Dances, Old Devonshire.* M. BUTT. 1908
- 30, 30a & 30b *Dance, Morris Book, The,* CECIL SHARP. I. 1907 II. 1909 & III. 1910.
- 31 a b c d e & f *Dance, Morris Tunes.* (6 parts.)
- 32 & 32a *Deformities.* A. H. TUBBY, M.S., F.R.G.S. (2 copies).
- 33 *Deformities, Bodily and their treatment.* H. A. REEVES, F.R.C.S.E. 1885
- 35 *Drill and Physical Exercises for Training Classes,* L.S.B. (undated.)
- 36 & 36a *Drill and Physical Exercises, Manual of.* T. CHESTERTON. 1893. (2 copies)
- 37 *Drill, School.* (official syllabus, public ele. school). J. LEWIS. 1908
- 38 *Drill, Physical and new Bayonet Exercises.* W. GORDON. 1892
- 39 „ *Manual.* J. BALL, Serg. Maj. (undated.)
- 40 „ *Marches, Successful.* G. W. LUNDGREN. 1907
- 41 *Dumb-bells.* F. GRAF. 1899
- 42 *Dumb-bell Exercises.* G. BOJUS. (undated)
- 43 *Dumb-bell Drill, Light.* C. E. LORD. 1894
- 44 *Dumb-bell, Clubs and Barbells.* A. G. LAMMAS. 1905
- 45 *Escrime, Manual'd.* 1891
- 46 *Exercises for Busy Men, Ten Minutes.* L. GULICK, M.D. (undated)
- 47 *Exercises, Tensing.* E. B. WARMAN, 1906
- 48 *Exercises, Healthful for Girls.* A. ALEXANDER. (undated)
- 49 & 49a *Exercises, Swedish Recreative.* G. MCMILLEN. (2 copies, undated)
- 50 *Exercises, Mechanical, A means of cure.* ZANDER INSTITUTE. 1883
- 51 *Fencing.* R. CASTELLOTTE. (undated)
- 52 „ H. A. C. DUNN. 1891
- 53 *Field Hockey.* C. M. K. APPLEBY. 1891
- 57 *First Aid, Infant Care, Home Nursing, & Hygiene.* L.C.C. (evening school scheme). 1905
- 58 & 58a *Games, Children's singing.* ALICE GOMME. 2 vols, 1894
- 59 *Games, Old English.* F. KIRK. 1906
- 60 & 60a *Games, Organised Playground.* T. CHESTERTON. 1901-8. (2 copies)
- 61 *Games, Song and Ball.* KATE F. BREMMER. (undated)
- 62 & 26a *Games, Traditional, British Isles.* 2 Vols. ALICE GOMME. 1894-8



- 64 *Golf, How to play.* T. BRAID. 1906.
- 65 *Guild of play book, Festival and Dance.* Part I. GRACE KIMMIN. 1907.
- 65a       "       "       "       Part 2. 1909
- 65b       "       "       "       " 3. 1910
- 66 *Gymnasium Magazine.* 1904
- 69 *Gymnasts, Hints to.* F. GRAF. (undated)
- 70 *Gymnastic Exercise, Grading of* G. M. MARTIN. 1899
- 71 *Gymnastic Exercises, A Military System of.* A. MACLAREN. 1862
- 72 *Gymnastic Exercises, Code Book of.* L. PURITZ. 1893.  
(2 copies)
- 73 *Gymnastic Exercises, One Thousand.* F. J. HARVEY. 1897
- 74 *Gymnastic Exercises. Modern, Part I, Elementary.* A. ALEXANDER. (undated)
- 75 *Gymnastic Exercises. Modern. Part II. Advanced.* A. ALEXANDER. 1899
- 76 *Gymnastics.* A. F. JENKIN. 1890
- 77 *Gymnastics, New for families & schools.* DIO LEWIS. 1864
- 78 *Gymnastics, German-American.* W. STECHER. 1895
- 79 *Gymnastics & Rope Climbing.* R. STOLL. 1901
- 80 *Gymnastics, School, Handbook of.* BARON NILS POSSE. 1891
- 81 *Gymnastics, Educational, Special Kinesiology of.* BARON NILS POSSE. 1903
- 82 *Gymnastics, Swedish, A.B.C. of.* H. NISSEN. 1892
- 83 *Gymnastics, School, on Swedish System.* ALLEN BROMAN. 1902
- 84 *Gymnastics, Handbook of Free-standing.* By E. ADAIR ROBERTS. 1905
- 85 & 85a *Gymnastics, Medical and Orthopædic, Handbook of.* ANDERS WIDE. (2 copies). 1903-6
- 86 *Gymnastics, Medical.* NILS POSSE. 1894
- 87 *Gymnastics, Medical Indoor.* D. SCHREBER, M.D. 1899
- 88 *Gymnastics, Method of Teaching.* DR. ANDERSON. 1896
- 89 *Gymnastics, Positions, A Collection of.* ROYAL GYMNASTIC CENTRAL INSTITUTE, STOCKHOLM. 1893 N.B.  
Cannot go through post.
- 90 *Gymnastic, Progressive Day's Orders.* C. ENEBUSKE. 1890
- 92 *Gymnastique, Le maintien et le mouvement en.* J. HAPPEL. 1900
- 93 *Health Answers.* E. B. WARMAN. 1904
- 95 *Health in the School.* J. S. C. ELKINGTON, M.D. 1870



- 100 *Hockey.* F. S. CRESSWELL. 1890
- 101 *Home Nursing and Hygiene.* E. M. COSGRAVE. (undated.)
- 102 & 102a *Horizontal Bar, 100 Tricks on the.* A. DIMMOCK.  
(2 copies.) 1890
- 103 *How to Run 100 Yards.* J. W. HORTON. 1906
- 104 *How to Sprint.* ANON. (undated.)
- 105 *Human Body, The.* B. P. COLTON. 1897
- 106 *Human Body, The.* F. MARSHALL. 1882
- 107 *Human Body.* (Mannikin). O. LANCASTER. 1892
- 110 *Hygiene.* A. NEWSHOLME. 1902
- 113 „ *and Public Health, A Treatise on.* Vol. I 1892 (edited  
by STEVENSON and MURPHY.)
- 114 *Hygiene, School.* R. A. LYSTER, M.B. 1908
- 115 *Indian Clubs.* G. T. B. COBBETT and A. F. JENKIN. 1895
- 116 *Jiu Jitsu.* A. MINAMI and K. KOYAMI (undated.)
- 117 *Lacrosse.* R. T. ABERCROME. 1904
- 118 *Lateral Curvature of the Spine & Round Shoulders.* R. W.  
LOVETT, M.D. 1907
- 119 *Life Saving Handbook.* 1893
- 120 *Life, Health & Disease.* E. JOHNSON. 1843
- 122 & 122a *Massage, Lessons on.* MARGARET D. PALMER.  
1903 & 7. (2 copies)
- 123 & 123a *Massage, Manual for Students of.* M. A. ELLISON.  
1904 (2 copies)
- 124 *Manual Treatment, Kellgren's elements of.* CYRIAX. 1903
- 128 *Maypole Possibilities, with dances & drills.* J. E. C.  
LINCOLN. 1906
- 129 *Musical Drill for Infants.* Part I. A. ALEXANDER. 1891
- 130 „ „ Part II. A. ALEXANDER. 1892
- 131 *Muscle Building.* LUTHER GULICK, M.D. (undated)
- 132 *Neurasthenia, Clinical Lectures on.* T. D. SAVILL, M.D.  
1902
- 133 *Nursing at Home.* R. J. COLLIE, M.D. & J. W. E.  
MORTIMER, M.D. 1907
- 134 *Olympiad, Fourth.* REPORT OF OLYMPIC GAMES. 1908
- 135 *Olympic Games, Programme, Rules & Regulations a. Athletics*  
*b. Claybird shooting, c. Gymnastics, d. Lawn Tennis,*  
*e. Polo, f. Rowing, g. Swimming, diving & water-polo,*  
*h. Yachting.*
- 136 *Physical Culture.* EUSTACE MILES. (undated)
- 137 *Physical Education.* DUDLEY A. SARGENT, M.D. 1906
- 138, 138a, 138b *Physical Education Theory of.* T. CHESTERTON.  
1895 & 7 (3 copies)
- 139 *Physical Education.* LENNOX & STURROCK. 1898
- 140 „ „ A. MCLAREN. 1869



- 141 *Physical Education & Hygiene.* W. P. WELPTON, B.SC. 1903  
 142 *Physical Education by Muscular Exercise.* L. GULICK, M.D.  
 1904  
 143 *Physical Educator, Cassell's.* Edited by EUSTACE MILES.  
 1904  
 144 & 144a *Physical Exercises, Syllabus of.* 1904-5. (2 copies)  
 144b, 144c, 144d & 144e *Physical Exercise, Syllabus of.* 1909.  
 4 copies.  
 145 *Physical Exercises, Tables.* For use in L.C.C. schools.  
 (undated)  
 146 & 146a *Physical Exercises, Teachers' Manual of.*  
 Book I. Children from 7 to 10 years.  
 Book II. Children from 9 to 11 years. (undated)  
 147 *Physical Exercises based on Ling's System.* H. S. MATTHEWS  
 1890  
 148 *Physical Exercises, Teachers' Manual of.* F. J. HARVEY.  
 1894  
 149, 149a & 149b *Physical Exercises & Gymnastics for Women  
 & Girls.* F. J. HARVEY. 1896 & 1905. (3 copies)  
 150 *Physical Exercises, Test Book of.* CARTER & BUTT. 1900  
 151, 151a & 151b *Physical Training, Handbook of.* For use in  
 the Navy. Board of Education. Vol. I. General  
 Instructions (2 copies). Vol II. Tables. 1905-6.  
 152 *Physical Training.* L. B. LEBLIQUE. 1895.  
 153 " " *Manual of (official).* 1908  
 154 " " *Japanese.* H. IRVING HANCOCK. 1904  
 155 *Physical Training for Children, Japanese.* H. IRVING  
 HANCOCK. 1904  
 156 *Physical Training for Women, Japanese.* H. IRVING  
 HANCOCK. 1904  
 157 *Physical Training, Simplified.* E. B. WARMAN. 1901  
 158 " " *National.* COL. G. MALCOLM FOX.  
 (undated)  
 159 *Physical Training, Girls'.* ALICE R. JAMES. 1898  
 160 " " *Journal of Scientific.* 1908-9  
 160a *Physical Training, Journal of Scientific.* 1909-10.  
 160b " " " " 1910-11  
 161 *Physical Training, without arms (infantry drill.)* 1891  
 163 *Physiology of Bodily Exercises.* F. LAGRANGE, M.D.  
 1901  
 164 " *A Text Book of.* SIR M. FOSTER. 1877  
 166 & 166a *Physiology, Lessons in.* T. HUXLEY, F.R.S.  
 1886-1902. (2 copies)  
 173 *Riding.* W. A. KERR. (undated.)



- 174 *Riding for Ladies.* W. A. KERR. (undated.)  
 175 *Rounders, Bowls, Curling, Quoits and Skittles.* WALKER  
 and SPENS. 1892  
 176 *Rowing and Sculling.* M. B. WOODGATE. 1889  
 177 *Sailing.* E. F. KNIGHT. 1893  
 180 *Surgery Orthopædic.* J. JACKSON CLARKE, M.B. 1899  
 181 *Swimming.* A. SINCLAIR & W. HENRY. 1903  
 182 *Swimming, How to Teach.* J. KAY. 1901  
 183 *System, My.* J. P. MULLER. 1905  
 185 *Tennis, Lawn.* WILBERFORCE.  
 186 *Tennis, Lawn Strokes and Science of.* P. A. VAILE. 1906  
 187 *Tactics, School and Maze Running.* L. GULICK, M.D. 1905  
 188 & 188a *Vaulting Horse.* By GUY M. CAMPBELL. (2 copies)  
 1906  
 189 *Wrestling.* W. ARMSTRONG. 1889  
 192 *Home Nursing.* }  
 193 *Home Hygiene.* } St John Ambulance Association  
 194 *First aid.* } Publications.  
 196 *Old English Country Dance Steps.* ALICE M. COWPER-  
 COLES. 1909  
 197 *Ancient Dances & Music.* NELLIE CHAPLIN. 1909  
 198 *How to Dance the revived Ancient Dances.* ARDERN HOLT.  
 1907  
 199 *Country Dance and Morris Tunes.* FRANK KIDSON. 1909  
 200 *American Playgrounds.* E. B. MERO. 1908  
 201 *Medical Gymnastics for Heart Affections.* Translated by J.  
 G. GARSON, M.D.  
 202 *British Physical Education for Girls.* A. ALEXANDER.  
 1910  
 203 *Country Dance Book.* CEIL SHARP. 1909  
 204a & b *Country Dance Tunes.* Set I. & II.  
 205 *Esperance Morris Book.* MARY NEAL. 1910  
 206 *Physical Training.* STREET & GOODERSON. 1910  
 207 *Folk Dances of Europe.* 1910  
 207a *Swedish Folk Dances.* 2nd edition.  
 208 *Swedish Drill Teacher.* SPALDING & COLLETT. 1910  
 209 *Zimmergymnastik.* SCHREBER. 1890  
 210 *Hausgymnastik für Mädchen und Frauen.* ANGERSTEIN &  
 ECKLER. 1890  
 211 do *Gesunde und Kranke.* do. 1819  
 212 *Manuel Exercices Gymnastiques.* 1891  
 215 *Volksturnbuch.* A. RAVENSTEIN. 1876  
 216 *Guthsmuth's Spiele.* O. SCHETTLER. 1885  
 217 *Turnkunst.* DR. M. KLOSS. 1887



- 218 *Handbuchlein für Frei-Hantel- Ordnungs und Stabübungen.*  
L. PURITZ. 1887
- 219 *Leitfaden (Ordnungs und Freiübungen)* J. C. LION. 1888
- 220 *Abbildungen von Turnübungen.* C. W. B. EISELEN. 1889
- 221 *Reigentänze.* A. RIETMANN.
- 222 *Vorturnerübungen.* F. DOHNEL. 1891
- 223 *Atmungsgymnastik.* Dr. H. HUGHES.
- 224 *Das Turnen (2 vols.)* BULEY und VOGT. 1893
- 225 *Gesellschaftsübungen.* W. BETTLER. 1893
- 226 *Stabübungen.* W. BETTLER.
- 227 *do.* H. SCHROER. 1891
- 228 *Handbuch für Vorturner.* (Ordnungs-Frei-Hantel-Keulen  
und Stabungen) BULEY und VOGT. 1889.
- 229 *Keulenswingen.* H. WORTMANN. 1892
- 230 *Hantelübungen.* (2 vols) K. SCHROTER. 1890
- 231 *Turnbuchlein für Mädchen* L. SCHUTZER. 1890
- 232 *Handbuch für Turnlehrer.* W. FROHBERG. 1890
- 233 *Übungsbeispiele für Weiblichen Jugend.* R. HEEGER. 1899
- 234 *Lancashire and Cheshire Morris Dances.* J. GRAHAM.  
1911
- 235 *Greensleeves and other old dances.* Miss COWPER-COLES.  
1910
- 236 a, b & c. *American Gymnasium.* (3 vols.)
- 237 *Physical Education.* TREVES.
- 238 *Physical Education in Public Schools.* ANNA MORRIS.  
1892
- 240 *Physical Culture for Public Schools.* A. LEIBOLD. 1892
- 241 *Phsyik des Turnens.* Dr. C. KOHLRAUSCH. 1887
- 242 *Vorturnen zu Rat und That.* A. BOETTCHER. 1888
- 243 *Die Turnübungen des gemischten Sprunges.* J. C. LION.  
1875









